

LUNCH
BY
LIBELLE 

Term 4, 2021

NIKAU WEEK

06/12 - 10/12

MONDAY

Chicken Salad Wrap

Wholemeal wrap, roast chicken,
cheese, mayo, salad.

Dietary Alternatives:

V, VE: Falafel
GF: GF wrap

DF, VE: Vegan cheese

Snack: Fruit Yoghurt

Snack Dietary Alternatives:
DF, VE: Trail mix



TUESDAY

Baked Taco Cheese Roll Up

Baked wholemeal wrap with
taco cheese filling (cheese,
capsicum, corn and chicken).

Dietary Alternatives:

V, VE: Mushroom magic mince

GF: GF wrap

DF, VE: Vegan cheese

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

WEDNESDAY

Chicken Ranch Pasta Salad

Pasta salad with chicken,
seasonal veg (broccoli, peas,
fresh spinach) with creamy
ranch dressing and vegemite
cheese scroll.

Dietary Alternatives:

V: Boiled egg

GF: Pulse pasta

VE: Mixed beans

GF, Df, EF, VE: Falafel

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

THURSDAY

Pork Hangi Inspired Roll

Filled long roll with pork, leafy
greens and roast veggies
served with corn cob.

Dietary Alternatives:

V, VE: Kumara quinoa amazeballs

GF: GF roll

H, NP, SF: Chicken

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

FRIDAY

Cheeseburger

Beef burger, cheese, lettuce
and burger sauce in a
wholemeal bun with carrot
sticks *and potato salad.

Dietary Alternatives:

V, GF, VE, SF, H: Black bean
burger patty

GF: GF burger bun

DF, VE: Vegan cheese

NB: Chicken patty

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. *Senior students additional item, ^Junior students only.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.