

LUNCH
BY
LIBELLE



Term 4, 2021

PURIRI WEEK

13/12 - 17/12

MONDAY

Loaded Nachos

Chilli beans, chicken, corn, and capsicum on corn chips, topped with sour cream/yoghurt and cheese.

Dietary Alternatives:

V, VE: Chilli bean loaded nachos
DF, VE: Vegan cheese, coconut yoghurt

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None



TUESDAY

Beef n Bean Burrito Wrap

Beef and bean, brown rice, cheese and grated carrot tucked in a wholemeal tortilla wrap, with salad.

Dietary Alternatives:

V, VE: Mex beans
DF, VE: Vegan cheese

Snack: Seasonal Fruit

*Muffin

Snack Dietary Alternatives:
None

WEDNESDAY

Ham & Cheese Pizza

Wholemeal pizza base, pizza sauce, pizza ham, cheese. veggie sticks & hummus.

Dietary Alternatives:

V, VE: Mushroom & grain notsausie
GF: GF pizza base
DF, VE: Vegan cheese

Snack: Seasonal Fruit

Snack Dietary Alternatives:
None

THURSDAY

Ham & Egg Sandwich

Ham and egg sandwich with a seasonal salad.

Dietary Alternatives:

V: Egg mayo sandwich
H, NP: Chicken and egg mayo sandwich
VE, EF: Chickpea smash filling with vegan mayo
GF: GF bread

Snack: Cookie

Snack Dietary Alternatives:
GF, EF, VE, SF: Trail Mix

FRIDAY

Chicken Teriyaki Salad

Chicken with teriyaki sauce on brown rice, with slaw, Japanese mayo & sesame seeds.

Dietary Alternatives:

V, VE: Tofu

Snack: Orange Wedges

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.

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

www.lunchbylibelle.co.nz