

LUNCH  
BY  
LIBELLE 

Term 2, 2022

# NIKAU WEEK

04/07 - 08/07

## MONDAY

### Chicken & Mash

Chicken, mashed potato and vegetables with cheese sauce.

**Dietary Alternatives:**  
V, VE: Mushroom and grain super sausie. DF, VE: DF mashed potato, vegan gravy.

#### Snack: Popcorn

**Snack Dietary Alternatives:**  
None



## TUESDAY

### Loaded Beef & Bean Wedges

Potato wedges topped with Mexican style beef and beans and cheese.

**Dietary Alternatives:**  
V, H, NB, VE: Mexican style beans. DF, VE: Vegan cheese. SF: 4 bean mix.

#### Snack: Cookie

**Snack Dietary Alternatives:**  
GF, SF: Popcorn, cracker or trail mix.

## WEDNESDAY

### Sweet & Sour Pork with Rice

Sweet and sour vegful sauce with pork strips and mixed veg with brown rice.

**Dietary Alternatives:**  
V, VE: Tofu. H, NP: Chicken.

#### Snack: Pikelet

**Snack Dietary Alternatives:**  
GF, SF: Trail mix  
DF, EF, VE: Vegan pikelet

## THURSDAY

### Hawaiian Pizza, Veg Sticks & Corn Chips

Wholemeal pizza base with ham and pineapple and veggie sticks and corn chips.

**Dietary Alternatives:**  
V, DF, VE: Falafel. GF: GF pizza base. DF, VE: Vegan cheese. H, NP, SF: Chicken.

#### Snack: Fruit Yoghurt + Years 9 to 13: Seasonal Fruit

**Snack Dietary Alternatives:**  
DF, VE: Trail Mix

## FRIDAY

### Mac & Cheese

Wholemeal pasta with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top.

**Dietary Alternatives:**  
V, H, NP, SF, VE: Canellini beans. GF: GF pasta. DF, VE: Savoury lentils sauce, vegan cheese.

#### Snack: Cookie

**Snack Dietary Alternatives:**  
GF, SF: Popcorn

*Happy Holidays!*

**Key:** (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

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.

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