

LUNCH
BY
LIBELLE 

Term 2, 2022

NIKAU WEEK

09/05 - 13/05

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

Nacho Salad with Chicken & Cheese

Corn chips with chicken, kidney bean and cheese salad.

Dietary Alternatives:
V, VE: Bean and cheese salad. DF, VE: Vegan cheese.

Snack: Apple or Peach Slices

Snack Dietary Alternatives:
None

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



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.