


LUNCH  
BY  
LIBELLE 

Term 2, 2022

# TOTARA WEEK

16/05 - 20/05

## MONDAY

### Baked Loaded Wedges

Potato wedges topped with Mexican style beans and cheese, then baked.

**Dietary Alternatives:**  
DF, VE: Vegan cheese.  
SF: Four bean mix.

#### Snack: Hidden Vege Muffin

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

## TUESDAY

### Pork & Chilli Bean Nachos

Corn chips with pulled pork, chilli beans and corn with cheese and carrot.

**Dietary Alternatives:**  
V, VE: Chilli beans. H, NP, SF: Chicken. SF: Four bean mix.  
DF, VE: Vegan cheese.

#### Snack: Apple or Peach Slices

**Snack Dietary Alternatives:**  
None.

## WEDNESDAY

### Butter Chicken & Brown Rice

Butter chicken sauce with chicken, chickpeas and veggies served with brown rice.

**Dietary Alternatives:**  
V, VE: Butter chickpeas with brown rice.

#### Snack: Popcorn

**Snack Dietary Alternatives:**  
None.

## THURSDAY

### Ham Pizza, Vege Sticks & Corn Chips

Wholemeal pizza (with pizza sauce, ham & cheese) served with carrots 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

### Pasta Bolognese

Wholemeal pasta with beef and lentil bolognese sauce with carrots and cheese.

**Dietary Alternatives:**  
V, NB, VE: Lentil bolognese. GF: GF pasta. DF, VE: Vegan cheese.

#### Snack: Cookie

**Snack Dietary Alternatives:**  
GF, SF: Trail mix.



**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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