

LUNCH
BY
LIBELLE 

Term 2, 2022

NIKAU WEEK

06/06 - 10/06

MONDAY

Queen's Birthday



TUESDAY

Chicken & Chilli Bean Nachos

Corn Chips with chilli bean and corn salad with chicken and cheese.

Dietary Alternatives:
V, VE: Chilli beans. DF, VE: Vegan cheese. H: Halal chicken supplied. SF: Four bean mix.

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.