

LUNCH
BY
LIBELLE 

Term 3, 2022

NIKAU WEEK

01/08 - 05/08

MONDAY

Cottage Pie

Beef mince with veggies and lentils topped with mashed potato & served with mixed veggies.

Dietary Alternatives:
V, NB, VE: Gardeners pie with beans, lentils & veggies. DF, VE: DF mashed potato.

Snack: Chickpeas

Snack Dietary Alternatives:
None.



TUESDAY

Pizza

Wholemeal pizza base with pizza sauce, ham and cheese served with carrot batons 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:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Butter Chicken

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

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

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

THURSDAY

Cheeseburger

Wholemeal burger bun with beef pattie, cheese, salad and kumara rosti.

Dietary Alternatives:
V, GF, H, VE, SF: Black bean burger pattie. NB: Chicken pattie. GF, SF: GF SF burger bun. EF, VE: Vegan mayo. DF, VE: Vegan cheese.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

FRIDAY

Pasta Meatballs

Wholemeal pasta with napoli style vegful tomato sauce and meatballs with cheese and peas.

Dietary Alternatives:
V, GF, DF, H, NB, VE, SF: Beetroot, quinoa amazeballs. GF: GF pasta. DF, VE: Vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives:
None.

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.

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

www.lunchbylibelle.co.nz