

## TERM 1, WEEK 7 MARCH 14<sup>th</sup> – 18<sup>th</sup>

### MONDAY MARCH 14<sup>th</sup>:

**Standard Lunch: Nacho Salad with chicken and cheese-** Corn Chips with cheese salad, kidney beans, chicken, salsa and sour cream/yoghurt topping.

V, VE- Kidney Beans

DF, VE – vegan cheese, coconut yoghurt

**Snack:** Cookie

**Year 9+:** Seasonal Fruit

Snack alternative: GF, SF – popcorn.

**LUNCH CONTAINS DAIRY**

**Vegetarian Lunch:** Corn Chips with cheese salad, *kidney beans*, salsa and sour cream/yoghurt topping, and a corn cob    **Snack:** Cookie  
9+: +Seasonal Fruit

**Gluten Free Lunch:** Corn Chips with chicken and cheese salad, kidney beans, salsa and sour cream/yoghurt topping, and a corn cob

**Snack:** *Popcorn* 9+: +Seasonal Fruit

**Dairy Free Lunch:** Corn Chips with *vegan cheese* salad, chicken, kidney beans, salsa and *coconut yoghurt* topping, and a corn cob

**Snack:** Cookie Year 9+: +Seasonal Fruit

**Egg Free Lunch:** Standard Meal

**Halal Lunch:** Standard Meal

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Corn Chips with *vegan cheese* salad, *kidney beans*, salsa and *coconut yoghurt* topping, and a corn cob    **Snack:** *Popcorn* Year 9+: +Seasonal Fruit

**Soy Free Lunch:** Corn Chips with chicken and cheese salad, kidney beans, salsa and sour cream/yoghurt topping, and a corn cob    **Snack:** *Popcorn* 9+: +Seasonal Fruit

#### Romiro's Corn Chips Natural

**Ingredients:** Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

#### GKCC Bakery Blend Cheese

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

#### Anchor Sour Cream

**Ingredients:** cream, skim milk, thickener (1422), halal gelatine, milk solids, emulsifier (339), culture.

**Contains: milk**

#### Gopala Natural Yoghurt

**Ingredients:** Cow's milk > Milk Solids. > Live Yogurt Culture

#### Tegel Shredded Chicken Classic Roast **HSR 4.0**

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts

**Contains: Sulphites**

#### Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative

**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

#### Zenzo Coconut Yoghurt

**Ingredients:** Coconut Cream, live probiotic cultures including L. acidophilus and B. Bifidus.

**Knorr Chunky Salsa Ingredients:** Tomatoes (66%) (from paste and diced), onion (15%), capsicum, vinegar, sugar, jalapeno peppers (0.9%), salt, coriander leaf, natural flavour, food acid (citric), thickener (415), cumin, garlic, firming agent (509). May contain soybean, milk, sesame, peanuts and tree nuts.

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022

## TUESDAY MARCH 15<sup>th</sup>:

**Standard Lunch: Classic Baked Cheese Roll and mixed salad with chicken-** Our healthy take on the classic cheese roll up with wholemeal tortilla, cheese and cottage cheese baked until golden and the cheese is melted, served with mixed salad and chicken

VE, EF- Falafel  
GF – Gf wrap  
DF, VE – vegan cheese

**Snack:** Hidden Vege Pumpkin Pie Muffin

**Year 9+:** Seasonal Fruit

GF, DF, EF, VE – Trail Mix or coconut blissballs

**LUNCH CONTAINS GLUTEN, DAIRY, EGG, SOY**

**Vegetarian Lunch:** Baked wholemeal wrap with cheese and cottage cheese, with mixed salad and falafel    **Snack:** Hidden Vege Muffin  
Year 9+: +Seasonal Fruit

**Gluten Free Lunch:** Baked *GF wrap* with cheese and cottage cheese, with mixed salad and chicken    **Snack:** *Coconut Blissballs or Trail Mix*  
Year 9+: +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal wrap with *vegan cheese*, falafel and mixed salad with chicken    **Snack:** *Coconut Blissballs or Trail Mix*  
Year 9+: +Seasonal Fruit

**Egg Free Lunch:** Baked wholemeal wrap with cheese and cottage cheese, with mixed salad and chicken    **Snack:** *Coconut Blissballs or Trail Mix*  
Year 9+: +Seasonal Fruit

**Halal Lunch:** Standard Meal

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Wholemeal wrap with *vegan cheese, falafel* and mixed salad with *beans*    **Snack:** *Coconut Blissballs or Trail Mix*  
Year 9+: +Seasonal Fruit

**Soy Free Lunch:** Standard Meal

**Farras Wraps** Ingredients: Wholemeal **Wheat** Flour (27%) (**Wheat** Flour, **Wheat** Bran, **Wheat** Germ), **Wheat** Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

**Cottage Lane GF Wraps** Ingredients: Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), **soy** protein concentrate, rice flour, vegetable gums (464, 466, 415), **soy** flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

### GKCC Bakery Blend Cheese

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235). **Contains: dairy**

### Meadowfresh Cottage Cheese

Meadow Fresh skim milk, cream, milk solids, salt, preservative (202), thickeners (410, 407), cultured dextrose, mineral (calcium), flavour, cultures, rennilase (vegetarian rennet). **Contains: milk**

### Tegel Shredded Chicken Classic Roast **HSR 4.0**

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts **Contains: Sulphites**

**Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative** Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

### TCG Falafel

**Ingredients:** Chickpeas (57%), onion, seasoning (rice flour, dehydrated vegetables, spices, salt, herb, soy protein, maltodextrin (maize), yeast extract, maize flour, dextrose (tapioca, maize)vegetable oils (canola, olive), mineral salts (450,500), herb extract, flavour), water, vegetable fibre (pea), vegetable oil, corn starch, modified food starch (E1412), red bell peppers **Contains: soy**

### Original Foods Hidden Veg Pumpkin Pie Muffin

**Ingredients:** Pumpkin (34%), Wheat Flour, Sugar, Vegetable Oil, Wholemeal Wheat Flour, Egg, Brown Sugar, Maltodextrin, Raising Agents (450, 500), Free Flow Agent (170), Spices, Salt, Natural Flavour. Contains: Gluten and Egg. May be Present: Milk, Soy, Peanuts and Tree Nuts **Contains: Gluten and Egg**

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022

## Cranberry Coconut Blissbites (Mrs Higgins)

**Ingredients:** Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

## WEDNESDAY MARCH 16<sup>th</sup>:

**Standard Lunch: Hawaiian Pizza & Pasta Salad-** Wholemeal mini pizza base with pizza sauce, ham, cheese & pineapple with pasta salad

V, VE: mushroom chickpea super sausage

GF- Gf pizza base

DF, VE – vegan cheese

H, NP, SF - chicken

**Snack:** Fruit Yoghurt

**Year 9+:** Seasonal Fruit

DF, VE – trail mix

LUNCH CONTAINS DAIRY, GLUTEN, SOY

**Vegetarian Lunch:** Wholemeal mini pizza base with pizza sauce, *mushroom sausage*, cheese & pineapple with pasta salad Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

**Gluten Free Lunch:** GF pizza base with pizza sauce, ham, cheese & pineapple with chickpea spiral pasta salad Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal mini pizza base with pizza sauce, ham, *vegan cheese* & pineapple with pasta chickpea salad Snack: Trail Mix Year 9+: +Seasonal Fruit

**Egg Free Lunch:** Standard Meal

**Halal Lunch:** Wholemeal mini pizza base with pizza sauce, *chicken*, cheese & pineapple with pasta salad Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Wholemeal mini pizza base with pizza sauce, *chicken*, cheese & pineapple with pasta salad Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

**Vegan Lunch:** Wholemeal mini pizza base with pizza sauce, *mushroom sausage*, *vegan cheese* & pineapple with pasta chickpea salad Snack: Trail Mix Year 9+: +Seasonal Fruit

**Soy Free Lunch:** Wholemeal mini pizza base with pizza sauce, *chicken*, cheese & pineapple with pasta salad Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

## Diamond Wholemeal Penne

**Ingredients:** Durum Wholewheat Semolina

## San Remo Pulse Chickpea Spirals

**Ingredients** Chickpea Flour (75%), Potato Starch.

## Loft Ranch Dressing

**Ingredients:** Water, Cold Pressed Rapeseed Oil, Coconut Cream (7%), Vinegar, Salt, Corn Starch, Thickener (Modified Corn Starch, Xanthan Gum), Acidity Regulator (Lactic Acid), Chives, Raw Sugar, Garlic, Onion, Mustard, Vinegar Powder, Parsley, Dill, Spices, Natural Colour (Beta Carotene).

Dietary Suitability | Vegetarian | Dairy Free | Gluten Free | Refined Sugar Free | Vegan

## French Bakery Mini Wholemeal Pizza

**Ingredients:** Wholemeal Pizza Mini **Ingredients:** Water, Wholemeal Wheat **Flour**, Wheat **Flour**, Wheat Gluten, Texture Improver (sugar, vegetable oil, emulsifier (472e, 481)), Yeast, Salt, Citrus Fibre, Bread Improver (flour treatment agent (300), enzymes)

## Hellers Pizza Ham

**Ingredients:** Pork (51%), Water, Potato Starch, Salt, Sugar, Thickeners (1442,407a, 415), Soy Protein, Mineral Salt (451), Antioxidant (316), Preservative (250), Rice Flour, Flavouring, (Soy, Smoke), Maple Syrup **Contains: Soy**

## GKCC Bakery Blend Cheese

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022

## Bella Pizza Sauce

**Ingredients:** tomatoes, sugar, salt, herbs, garlic, onion powder, vinegar, olive oil, corn starch

**Tegel Shredded Chicken Classic Roast** **Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts **Contains: Sulphites**

**Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative** **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

## Yoghurt (Fresh n Fruity)

**Ingredients:** Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%)), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202).

**Contains: Milk**

## Barkers Basil Savoury Filling

**Ingredients** Water, Chickpea (Chickpea (60%), Water, Salt), Basil (10%) (Puree, Dried), Lemon Juice (Reconstituted), Canola Oil , Thickener (1442, 415), Sugar, Onion, Garlic (2%), Sea Salt, Preservative (202), Spice, Acidity Regulator (330), Natural Colour (100, Plant Extract)

## Food Nation Mushroom and grain super sausies

Dairy Free, Soy Free, Vegan **Ingredients:** Vegetables (51%) (Mushroom, Chickpeas, Onion, Garlic), Water, Grains (8%) (Sunflower Seeds, Kiwi Quinoa, Buckwheat), Vegetable Oil, Vegetable Protein (Faba Bean, Pea), Vegetable Gums (Methylcellulose, Xanthan, Locust Bean, Guar), Rice Flour, Wholegrain Mustard, Modified Starch (1412), Pea Fibre, Salt, Herbs, Spices

## THURSDAY MARCH 17<sup>th</sup>:

**Standard Lunch: Corned Beef & Cheese Sandwich** - Wholemeal bread with corned beef, lettuce and cheese with potato corn salad and carrot sticks

V, H, NB – egg mayo

VE – chickpea smash with vegan mayo

GF – GF bread

SF – SF bread

DF, VE – vegan cheese

DF, EF, VE – vegan potato salad

EF – vegan mayo

**Snack:** Corn Thin Cracker

**Year 9+:** +Seasonal Fruit

**LUNCH CONTAINS GLUTEN, EGG, DAIRY, SOY**

**Vegetarian Lunch:** Wholemeal bread with *egg mayo*, lettuce and cheese with potato corn salad and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**Gluten Free Lunch:** *GF bread* with corned beef, lettuce and cheese with potato corn salad and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal bread with corned beef, lettuce and *vegan cheese* with *DF potato corn salad* and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**Egg Free Lunch:** Wholemeal bread with corned beef, lettuce and cheese with *EF potato corn salad* and carrot sticks (*vegan mayo*) **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**Halal Lunch:** Wholemeal bread with *egg mayo*, lettuce and cheese with potato corn salad and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**No Beef Lunch:** Standard Meal Wholemeal bread with *egg mayo*, lettuce and cheese with potato corn salad and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Wholemeal bread with *smashed chickpea mayo* , lettuce and *vegan cheese* with *vegan potato corn salad* and carrot sticks (*vegan mayo*) **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

**Soy Free Lunch:** *SF bread* with *egg mayo*, lettuce and cheese with potato corn salad and carrot sticks **Snack:** Corn Thin Cracker Year 9+: +Seasonal Fruit

## TipTop Supersoft Toast Wholemeal

**Ingredients:** Wholemeal Wheat Flour (45%), Water, Wheat Flour, Baker's Yeast, Wheat Gluten, Iodised Salt, Canola Oil, Acidity Regulator (263), Soy Flour, Emulsifiers (481, 472e), Vegetable Gum (415). **Contains: Soy**

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022

## Alpine Natural Cheese Edam Slices

**Ingredients:** pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

## Hellers 4x4 Corned Beef Sliced

### Ingredients:

Beef (55%), Water, Potato Starch, Soy Protein, Mineral Salts (326, 262, 451, 452), Salt, Thickeners (1442, 407a, 508), Sugar, Dextrose, Antioxidant (316), Preservative (250), Rice Flour, Flavouring.

Contains SOY

## FTOGO Potato salad

**Ingredients:** Potato (70%), Potato Dressing (20%) [Water, Canola (Antioxidant (319)), **Sour Cream** [Cream, Milk Solids, Halal Gelatine, Modified Starch (1422), Emulsifier (339), Cultures], Sugar, Salt, **Egg Yolk**, Modified Starch (1442), Acidity Regulator (260), Spices, Thickener (415, 412)], Onion, Celery, Parsley

Contains: Milk, Egg

**Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative** **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

## Pastry Kitchen Allergywise White Loaf

**Ingredients** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1422), Salt, Yeast, Vegetable Gums (464,412) Cider Humectant, Humectant (422) **Product claims** Gluten free; Nut free; Dairy free; Vegan; Egg free; Soy free

## Zeagold Chilled Egg Spread

**Ingredients:** Egg, Mayonnaise (water, canola oil, sugar, thickener (1442), egg yolk, salt, spices, acidity regulator (260), lemon juice), acidity regulator (330, 325), preservative (202, 234)

Contains: Egg

## Real Foods Wholegrain Rice Thins

**Ingredients:** Wholegrain Brown Rice (99%), Sunflower oil, Sea Salt, Herb Extract. May contain soy & sesame.

## FRIDAY MARCH 18<sup>th</sup>:

**Standard Lunch: Chicken and Slaw Burger-** Burger Bun with chicken patty, cheese and mixed salad

V, VE, GF, H, SF – black bean burger patty

GF, SF – GF SF burger bun

DF, VE – vegan cheese

**Snack:** Seasonal Fruit

### LUNCH CONTAINS GLUTEN, DAIRY, SOY

**Vegetarian Lunch:** Burger Bun with *black bean burger patty*, cheese and mixed salad **Snack:** Seasonal fruit

**Gluten Free Lunch:** *GF Burger Bun* with *black bean burger patty*, cheese and mixed salad **Snack:** Seasonal fruit

**Dairy Free Lunch:** Burger Bun with chicken burger patty, *vegan cheese* and mixed salad **Snack:** Seasonal fruit

**Egg Free Lunch:** Standard Meal

**Halal Lunch:** Burger Bun with *black bean burger patty*, cheese and mixed salad **Snack:** Seasonal fruit

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Burger Bun with *black bean burger patty*, *vegan cheese* and mixed salad **Snack:** Seasonal fruit

**Soy Free Lunch:** *SF Burger Bun* with *black bean burger patty*, cheese and mixed salad **Snack:** Seasonal fruit

## Leader BBQ Chicken Pattie

**Ingredients:** Chicken (ground) (84%), Water, Seasoning [**Soy** Protein, Tapioca Starch, Salt, Emulsifier (451), Maltodextrin, Dehydrated Vegetables, Spices, Salt, Dextrose, Hydrolysed Vegetable Protein (**Soy**), Anti Caking Agent (551), Vegetable Oil, Garlic Flavour], **Soy** Protein Isolate.

Contains: Soy, Gluten

## TipTop Oatlicious Burger Buns

**Ingredients** Wheat Flour, Water, Oats (13%), Wheat Gluten, Wheat Fibre, Sugar, Canola Oil, Iodised Salt, Baker's Yeast, Preservative (282), Emulsifiers (481, 472e, 471, 481), Soy Flour, Wheat Starch, Barley Malt Flour, Vitamins (Niacin, Thiamin, Riboflavin). **Contains: Gluten Cereals and Soy.**

## Alpine Natural Cheese Edam Slices

**Ingredients:** pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

Contains: dairy

**Wild Chef Black Bean Patties** **Ingredients:** Black beans (39%), chickpeas (39%), onion, tapioca starch, jalapenos, potato flake, smoked paprika, salt, baking powder, cumin, pepper.

## Loft Tomato Ketchup

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022



**Ingredients:** Tomato Paste (37%), Water, Vinegar, Apple Juice Concentrate, Carrot, Beetroot, Salt, Monk Fruit Juice Concentrate, Preservative (Potassium Sorbate), Thickener (Xanthan Gum), Spices, Garlic

**Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative**

**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims** Dairy Free, Gluten Free, Soy Free, Lactose Free

**Allergy Wise GF White Rolls**

**Ingredients:** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)

**Loft Ranch Dressing**

**Ingredients:** Water, Cold Pressed Rapeseed Oil, Coconut Cream (7%), Vinegar, Salt, Corn Starch, Thickener (Modified Corn Starch, Xanthan Gum), Acidity Regulator (Lactic Acid), Chives, Raw Sugar, Garlic, Onion, Mustard, Vinegar Powder, Parsley, Dill, Spices, Natural Colour (Beta Carotene).  
Dietary Suitability } Vegetarian } Dairy Free } Gluten Free } Refined Sugar Free } Vegan