

TERM 1, WEEK 8 MARCH 21st – 25th

MONDAY MARCH 21st:

Standard Lunch: Vegemite Scroll with chicken and rice salad - Vegemite Scroll served with shredded roast chicken and vege packed brown rice salad

V, VE- Falafel

GF, DF, EF, SF – Falafel

GF, DF, EF, VE, SF – Roast Veggies

Snack: Fruit Yoghurt

Year 9+: Seasonal Fruit

DF, VE – Trail Mix

LUNCH CONTAINS GLUTEN, DAIRY, EGG, SOY, SULPHITES

Vegetarian Lunch: Vegemite Scroll with *falafel* and brown rice salad **Snack:** Fruit Yoghurt **Year 9+:** +Seasonal Fruit

Gluten Free Lunch: *Falafel* and brown rice and *roast veggie* salad **Snack:** Fruit Yoghurt **Year 9+:** +Seasonal Fruit

Dairy Free Lunch: *Falafel* and brown rice and *roast veggie* salad **Snack:** *Trail Mix* **Year 9+:** +Seasonal Fruit

Egg Free Lunch: *Falafel* and brown rice and *roast veggie* salad **Snack:** Fruit Yoghurt **Year 9+:** +Seasonal Fruit

Halal Lunch: Standard Meal

No Beef Lunch: Standard Meal

No Pork Lunch: Standard Meal

Vegan Lunch: *Falafel* and brown rice and *roast veggie* salad **Snack:** *Trail Mix* **Year 9+:** +Seasonal Fruit

Soy Free Lunch: *Falafel* and brown rice and *roast veggie* salad **Snack:** Fruit Yoghurt **Year 9+:** +Seasonal Fruit

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**

Loaf Vegemite Scrolls

Ingredients: Wheat flour, Water, Grated Cheese (6.5%) (cow's milk, salt starter cultures, coagulating enzymes, starch, cellulose, preservative (200)), Vegemite (6.5%) (yeast extract (from yeast grown on barley and wheat), salt, mineral salt (508), malt extract (from barley), colour (150c), flavours, niacin, thiamine, riboflavin, folate), Mayonnaise (water, canola oil, sugar, egg yolk, salt, acidity regulators (260, 1442), mustard flour, spices, natural lemon flavour), Yeast (yeast, water), Canola Oil, Salt (anti-caking agent 535), Gluten (wheat), Improver (soy flour, emulsifiers (472e, 481, 471), wheat flour, flour improver (300), enzymes, thiamine, folic acid), Oil Spray (contains soy). **Contains: Egg, Milk, Soy, Wheat**

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.**

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**

Wild Chef Mini Falafel

Ingredients

Chickpeas (67%), broad beans, tapioca starch, parsley, onion, salt, garlic, cumin, coriander powder, mild chili.

Nutrifare Roast Veggies

Ingredients: Pumpkin 23.2%, Carrot 23.2%, Kumara 23.2%, Potato 23.2%, Canola Oil, Salt, Rosemary Oil, Pepper, Garlic Powder, Yeast Extract

TUESDAY MARCH 22nd:

Standard Lunch: Pork Taco Wrap- Wholemeal wrap with pulled pork, cheese, chilli beans and mixed salad

V, VE- Mexican Corn Magic Mince

GF – Gf wrap

H, NP – chicken

DF, VE – vegan cheese

SF – plain mixed beans

Snack: Corn Chips
Year 9+: Seasonal Fruit

LUNCH CONTAINS GLUTEN, DAIRY, SOY, SULPHITES

Vegetarian Lunch: Wholemeal wrap with cheese, chilli beans, *magic mince* and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Gluten Free Lunch: *GF wrap* with pulled pork, cheese, chilli beans and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Dairy Free Lunch: Wholemeal wrap with pulled pork, *vegan cheese*, chilli beans and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Egg Free Lunch: Standard Meal

Halal Lunch: Wholemeal wrap with cheese, chilli beans, *chicken* and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

No Beef Lunch: Standard Meal

No Pork Lunch: Wholemeal wrap with cheese, chilli beans, *chicken*, and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Vegan Lunch: Wholemeal wrap with *vegan cheese*, chilli beans, *magic mince* and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Soy Free Lunch: Wholemeal wrap with cheese, *mixed beans*, pulled pork and mixed salad Snack: Corn Chips Year 9+: +Seasonal Fruit

Hellers Pulled Pork BBQ

Ingredients: Pork (49%), BBQ Sauce (Tomato Pulp, Sugar, Maltodextrin, White Vinegar, vegetable Powder, Yeast extract, Hydrolysed Vegetable Protein (maize), TI Regulators (326, 262), Salt, Maltodextrin, Mineral Salt (451,450), Hydrolysed Yeast Extract, Spice Extract, Preservative (223), Flavouring, Vegetable Oil **Contains: Sulphites**

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**

Farrahs 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**

Craigs Chilli Beans

Ingredients: Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Spice & Herb Blend including Chilli (Contains Traces of Wheat & Sesame), Food Acid (Acetic Acid)], Red Kidney Beans (Contain Traces of Soy) (47%)

May contain traces of soy and sesame

Contains: Soy, Sulphites

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

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**

Romiros Corn Chips Natural

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

WEDNESDAY MARCH 23rd:

Standard Lunch: Pasta Salad with ham- Wholemeal Pasta Salad with ham, cheese, mixed veggies & carrot batons

V, VE: mixed beans

GF- GF chickpea pasta

DF, VE – vegan cheese

H, NP, SF - chicken

Snack: Hidden Vege Raspberry Mud Muffin

Year 9+: Seasonal Fruit

GF, DF, EF, VE – coconut bliss balls

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

LUNCH CONTAINS DAIRY, GLUTEN, EGG, SOY, SULPHITES

Vegetarian Lunch: Wholemeal Pasta Salad with *beans*, cheese, and mixed veggies & carrot batons Snack: Hidden Vege Raspberry Mud Muffin Year 9+: Seasonal Fruit

Gluten Free Lunch: *GF Pasta Salad* with beans, cheese, and mixed veggies & carrot batons Snack: *Coconut Blissballs* Year 9+: Seasonal Fruit

Dairy Free Lunch: Wholemeal Pasta Salad with ham, *vegan cheese*, beans, and mixed veggies & carrot batons Snack: *Coconut Blissballs* Year 9+: Seasonal Fruit

Egg Free Lunch: Wholemeal Pasta Salad with ham, cheese, and mixed veggies & carrot batons Snack: *Coconut Blissballs* Year 9+: Seasonal Fruit

Halal Lunch: Wholemeal Pasta Salad with *chicken*, cheese, and mixed veggies & carrot batons Snack: Hidden Vege Raspberry Mud Muffin Year 9+: Seasonal Fruit

No Beef Lunch: Standard Meal

No Pork Lunch: Wholemeal Pasta Salad with *chicken*, cheese, and mixed veggies & carrot batons Snack: Hidden Vege Raspberry Mud Muffin Year 9+: Seasonal Fruit

Vegan Lunch: Wholemeal Pasta Salad with *beans*, *vegan cheese*, mixed veggies, and carrot batons Snack: *Coconut Blissballs* Year 9+: Seasonal Fruit

Soy Free Lunch: Wholemeal Pasta Salad with *chicken*, cheese, and mixed veggies & carrot batons Snack: Hidden Vege Raspberry Mud Muffin Year 9+: Seasonal Fruit

Diamond Wholemeal Penne

Ingredients: Durum Wholewheat Semolina

San Remo Pulse Chickpea Spirals

Ingredients Chickpea Flour (75%), Potato Starch.

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

Dairyworks Cheese Edam Cubed

Ingredients: Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Anticaking Agent (460), Preservative (200))

Contains: Milk and Milk Products

Veesey 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**

Farm By Nature BBQ Chickpeas

Ingredients: Chickpeas, Vegetable Oil (canola), Flavour (Salt, brown sugar, maltodextrin, spices, thickener (414) garlic, acidity regulator (262, 330), dehydrated vegetables, smoke flavour)

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

Original Foods Hidden Veg Raspberry Mud Muffin

Ingredients: Pumpkin (32%), Wheat Flour, Sugar, Vegetable Oil, Egg, Raspberries (7%), Wholemeal Wheat Flour, Brown Sugar, Cocoa (2.5%), Raising Agents (450, 500), Free Flow Agent (170), Maltodextrin, Salt, Natural Flavour. Contains: Gluten and Egg. May be Present: Milk, Soy, Peanuts and Tree Nuts.

Contains: Gluten and Egg

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

Cranberry Coconut Bliss bites (Mrs Higgins)

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

THURSDAY MARCH 24th:

Standard Lunch: Chicken Mayo Sandwich- Wholemeal Bread with Chicken Mayo, Potato Salad & Corn

V – egg mayo

VE – chickpea smash with vegan mayo

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January 2022

GF – GF bread
 SF – SF bread
 DF, EF, VE – vegan potato salad

Snack: Popcorn
Year 9+: +Seasonal Fruit

LUNCH CONTAINS GLUTEN, EGG, DAIRY, SOY

Vegetarian Lunch: Wholemeal Bread with *Egg Mayo*, Potato Salad & Corn Snack: Popcorn Year 9+: +Seasonal Fruit
Gluten Free Lunch: GF Bread with Chicken mayo, Potato Salad & Corn Snack: Popcorn Year 9+: +Seasonal Fruit
Dairy Free Lunch: Wholemeal Bread with Chicken mayo, *DF Potato Salad* & Corn Snack: Popcorn Year 9+: +Seasonal Fruit
Egg Free Lunch: Wholemeal Bread with *Chicken and vegan mayo*, *EF Potato Salad* & Corn Snack: Popcorn Year 9+: +Seasonal Fruit
Halal Lunch: Standard Meal
No Beef Lunch: Standard Meal
No Pork Lunch: Standard Meal
Vegan Lunch: Wholemeal Bread with *Smashed Chickpea with vegan mayo*, vegan Potato Salad & Corn Snack: Popcorn Year 9+: +Seasonal Fruit
Soy Free Lunch: *SF Bread* with Chicken mayo, cheese and lettuce, Potato Salad & Corn Snack: Popcorn 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**

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**

Pastry Kitchen Allergywise White Loaf

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

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**

Hellmanns Real Mayo

Ingredients: Ingredients: Canola oil (76%), pasteurised free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrate, natural mustard flavour, antioxidant (385). **Contains egg.**

Hellmann’s Vegan Mayonnaise

Ingredients: Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

NZ Kettlecorn Sea Salt

Ingredients: Popcorn, Corn Oil (307b), Sea salt

FRIDAY MARCH 25th:

Standard Lunch : Teriyaki Beef Rice Salad Bowl - Brown Rice with Beef, Teriyaki Sauce, Slaw, Peas, Japanese Mayo, & Sesame Seeds

V, VE - tofu
 SF – Japanese mayo
 NB, SF - chicken

Snack Year 0-8: Cookie
Snack Year 9+: Seasonal Fruit
 GF, SF – Wholegrain rice cracker

LUNCH CONTAINS SOY, SESAME, GLUTEN

Vegetarian Lunch: Brown Rice Salad Bowl with Teriyaki Tofu, Slaw, Peas, Japanese Mayo, & Sesame Seeds **Snack Year 0-8:** Cookie

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Snack Year 9+: Seasonal Fruit

Gluten Free Lunch: Brown Rice Salad Bowl with Teriyaki Tofu, Slaw, Peas, Japanese Mayo, & Sesame Seeds Snack Year 0-8: Wholegrain Rice Cracker Snack Year 9+: Seasonal Fruit

Dairy Free Lunch: Standard Meal

Egg Free Lunch: Standard Meal

Halal Lunch: Standard Meal

No Beef Lunch: Brown Rice Salad Bowl with *Teriyaki Chicken*, Slaw, Peas, Japanese Mayo, & Sesame Seeds Snack Year 0-8: Cookie
Snack Year 9+: Seasonal Fruit

No Pork Lunch: Standard Meal

Vegan Lunch: Brown Rice Salad Bowl with *Teriyaki Tofu*, Slaw, Peas, Japanese Mayo, & Sesame Seeds Snack Year 0-8: Cookie

Snack Year 9+: Seasonal Fruit

Soy Free Lunch: Brown Rice Salad Bowl with *chicken*, Slaw, Peas, Japanese Mayo, & Sesame Seeds Snack Year 0-8: Cookie

Snack Year 9+: Seasonal Fruit

Nutrifare Beef Strips Cooked

Ingredients: Beef 95.9%, Canola oil, Garlic Dehydrated, Ginger, Gluten Free **Soy** Sauce, Salt, Pepper, Lemon Concentrate. **Contains: Soy**

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**

Bean Supreme Firm Tofu

Ingredients Water, Non-GMO Soybeans, Mineral Salt (Calcium Sulphate). May contain traces of Dairy, Egg, Peanuts, Tree Nuts, Gluten and Sesame.

Knorr Teriyaki

Ingredients Declaration Water, sugar, soy sauce (18%) (water, soybeans, rice, salt), pear paste, thickeners (1422, 415), ginger (2.5%), sesame oil, food acid (acetic), sherry, garlic, yeast extract, colour(150d) May contain milk, peanuts and tree nuts.

Contains naturally occurring glutamates.^ Suitable for vegetarians who consume dairy and egg..**Contains soybean and sesame.**

Loft Japanese Mayo

Ingredients: Cold Pressed Rapeseed Oil, Water, Vinegar, Corn Starch, Salt, Thickener (Modified Corn Starch, Xanthan Gum), Yeast Extract, Raw Sugar, Mustard, Vinegar Powder, Beta Carotene, Garlic.

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

Real Foods Wholegrain Rice Thins

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

Anzac Cookies (Mrs Higgins)

Ingredients: Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate). **Contains: gluten/wheat, soy**