LUNCH BY LIBELLE

TERM 1, WEEK 10 APRIL 4th – 8th

MONDAY March 4th:

Standard Lunch: Wholemeal BBQ Scroll with BBQ pork or chicken & Roast Veg salad- Wholemeal BBQ Scroll with BBQ Pulled Pork, Roast Veg & Brown Rice Salad
V, VE- Falafel
GF,SF – GF, SF bun
H, NP, SF – chicken
DF, EF, VE, SF - bread

Snack*:* Cookie
Year 9+: Seasonal Fruit
GF, EF, VE, SF – Coconut Bliss balls

LUNCH CONTAINS GLUTEN, DAIRY, EGG, SOY, SULPHITES

Vegetarian Lunch: Wholemeal BBQ Scroll with *Falafel, BBQ Mayo*, Roast Veg & Brown Rice Salad Snack: Cookie Year 9+: +Seasonal Fruit
Gluten Free Lunch: *GF Bun* with BBQ Pulled Pork, Roast Veg & Brown Rice Salad Snack: *Coconut Blissballs* Year 9+: +Seasonal Fruit
Dairy Free Lunch: *Bread* with BBQ Pulled Pork, Roast Veg & Brown Rice Salad Snack: *DF Cookie* Year 9+: +Seasonal Fruit
Egg Free Lunch: *Bread* with BBQ Pulled Pork, Roast Veg & Brown Rice Salad Snack: *EF Cookie* Year 9+: +Seasonal Fruit
Halal Lunch: Wholemeal BBQ Scroll with Chicken, Roast Veg & Brown Rice Salad Snack: Cookie Year 9+: +Seasonal Fruit
No Beef Lunch: Standard Meal
No Pork Lunch: Wholemeal BBQ Scroll with Chicken, Roast Veg & Brown Rice Salad Snack: Cookie Year 9+: +Seasonal Fruit
Vegan Lunch: Bread with *Falafel & BBQ mayo*, Roast Veg & Brown Rice Salad Snack: *Coconut Blissballs* Year 9+: +Seasonal Fruit
Soy Free Lunch: SF Bun with BBQ Pulled Pork, Roast Veg & Brown Rice Salad Snack: *Coconut Blissballs* Year 9+: +Seasonal Fruit

Loaf BBQ Margherita Scroll
Ingredients: Wheat Flour, Water, Purple Wheat, Psyllium husk, Yeast, Iodised Salt [sodium chloride,additive (535, 917)], Sugar, Improver [emulsifier (481, 471), mineral salt (170), flour treatmentagent (300), (contains soy, wheat), free flow agent (170), flour treatment agent (300)], Soy Milk Powder, Gluten, Oil Spray [contain soy lecithin]., Cheese (milk, salt, anticaking agent (460), preservative (200), cultures, rennet), vegetable based BBQ filling for Bread products [Fruit & Vegetables 73% (Tomato reconstituted, Pineapple, onion), Sugar, White Vinegar, Stabiliser (1442, 460, 466), Salt, Garlic, Spice, Preservative (202), Natural Flavour, Chilli, Acidity regulator (330)]. May Contain Sulphites **Contains Milk, Soy, Wheat, Gluten**

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*

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*

Nutrifare Honey Balsamic Roast Veg Salad
Ingredients: Potato 32.7%, Carrot 24.2%, Kumara 19.0%, Onion 9.0%, Canola Oil 7.3%, Capsicum 5.8%, Rosemary, Balsamic Vinegar, Salt, Garlic, Honey, Apple Juice, Pepper, Sugar, Parsley, Acetic Acid.

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.
Loft Smoky BBQ Mayo
Ingredients: Cold Pressed Rapeseed oil, water, raw sugar, vinegar, tomato paste (2%), salt, molasses, corn starch, mustard, thickener (modified corn starch, modified starch, Xanthum gum), glucose, smoke powder, mustard, vinegar powder, chipotle pepper, garlic, paprika, natural colour (beta carotene), cloves, white pepper

Gingernut Cookies (Mrs Higgins)

Ingredients: Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg. Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt

***Contains**: gluten/wheat, soy, egg*

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

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)

TUESDAY April 5th:

Standard Lunch: Pizza RollUps - Baked Wholemeal Tortilla with Pizza Sauce, ham, and cheese, served with coleslaw salad.
V, VE- Mushroom magic mince
H, Np - chicken
GF – Gf wrap
DF, VE– vegan cheese

Snack*:* Fruit Yoghurt
Year 9+: Seasonal Fruit
DF, VE – Trail Mix

LUNCH CONTAINS GLUTEN, DAIRY

Vegetarian Lunch: Baked Wholemeal Tortilla with Pizza Sauce, *mushroom magic mince* and cheese, served with coleslaw salad. Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit
Gluten Free Lunch: *Baked GF Tortilla* with Pizza Sauce, ham and cheese, served with coleslaw salad. . Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit
Dairy Free Lunch: Baked Wholemeal Tortilla with Pizza Sauce, ham and *vegan cheese*, served with coleslaw salad. Snack: *Trail Mix* Year 9+: +Seasonal Fruit
Egg Free Lunch: Standard meal
Halal Lunch: Baked Wholemeal Tortilla with Pizza Sauce, *chicken* and cheese, served with coleslaw salad. . Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit
No Pork Lunch: Baked Wholemeal Tortilla with Pizza Sauce, *chicken* and cheese, served with coleslaw salad. . Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit
No Beef Lunch: Standard Meal
Vegan Lunch: Baked Wholemeal Tortilla with Pizza Sauce, *mushroom magic mince and vegan cheese*, served with coleslaw salad. Snack: *Trail Mix* Year 9+: +Seasonal Fruit
Soy Free Lunch: Baked Wholemeal Tortilla with Pizza Sauce, *chicken* and cheese, served with coleslaw salad. . Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

Farrahs Wraps Ingredients: Wholemeal **Wheat** Flour (27%) (**Wheat** Flour, **Whea**t 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*

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*

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*

Food Nation Magic Mince – Mushroom & Hemp Dairy Free, Soy Free, Vegan Ingredients: Vegetables (53%) (Fresh Mushrooms (30%), Leeks, Chickpeas), Water, Canola Oil , Thickeners (416, 410, 415, 412), Rice Flour, Pea Protein, Hemp Seeds (2%), Pea Fibre, Modified Starch (1412), Herbs, Spices, Natural Flavour

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*

WEDNESDAY April 6th:

Standard Lunch: Egg & Bacon Pasta Salad - Wholemeal Pasta Salad with Boiled Egg, Bacon, cheese, veggies and creamy Ranch Dressing
V, VE, H, NP, EF, DF- chickpeas
GF – GF Chickpea Pasta

Snack: Wholegrain Pikelet & Apple Slices
DF, EF, VE – Vegan Pikelet
GF, SF - popcorn

LUNCH CONTAINS DAIRY, GLUTEN, EGG

Vegetarian Lunch: Wholemeal Pasta Salad with *Chickpeas,* veggies and creamy Ranch Dressing Snack: Wholegrain Pikelet & Apple Slices
Gluten Free Lunch: *Chickpea Pulse Pasta Salad* with Egg, Bacon, veggies and creamy Ranch Dressing Snack: *Wholegrain Rice Cracker* & Apple Slices
Dairy Free Lunch: Wholemeal Pasta Salad with Boiled Egg, Bacon, *vegan cheese*, veggies and creamy Ranch Dressing Snack: *Vegan Pikelet* & Apple Slices
Egg Free Lunch: Wholemeal Pasta Salad with Bacon, chickpeas, veggies and creamy Ranch Dressing Snack: *Vegan Pikelet* & Apple Slices
Halal Lunch: Wholemeal Pasta Salad with, *Chickpeas*, veggies and creamy Ranch Dressing Snack: Wholegrain Pikelet & Apple Slices
No Beef Lunch: Standard Meal
No Pork Lunch: Wholemeal Pasta Salad with *Chickpeas*, veggies and creamy Ranch Dressing Snack: Wholegrain Pikelet & Apple Slices
Vegan Lunch: Wholemeal Pasta Salad with *Chickpeas,* veggies and creamy Ranch Dressing Snack: *Vegan pikelet* & Apple Slices
Soy Free Lunch: Wholemeal Pasta Salad with *Chickpeas*, veggies and creamy Ranch Dressing Snack: *Wholegrain Rice Cracker* & Apple Slices

Diamond Wholemeal Penne
Ingredients: Durum Wholewheat Semolina

San Remo Pulse Chickpea Spirals
Ingredients Chickpea Flour (75%), Potato Starch.

Farmlands Diced bacon
Ingredients: Pork (95%), Salt, Stabiliser (451), Acidity Regulator (262,331), Antioxidant (316), Honey, Preservative (250)

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

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

Pikelets (Marcels)
Ingredients: Water, Wheat Flour, Buttermilk Powder, Dextrin, Canola Oil, Raising Agents (500, 541), Whole Egg Powder, Emulsifiers (322 (Soy), 471), Salt, Preservatives (202, 234), Vanilla Flavour
Claims Vegetarian, Made with Buttermilk, Source of Fibre, No Added Sugar
Contains: *cereals containing gluten (wheat), soy, egg and milk*

Vegan Pikelets (Marcels)
Ingredients: Water, **Wheat** Flour, Chickpea Broth, Canola Oil, **Soy** Lecithin (322), Emulsifier (471), Raising Agent (541), Raising Agent (501),Lactic Acid, Water, Salt, Preservatives (282), Vanilla Flavour, Maltodextrin, Sucrose, Yeast extract, Stabiliser (414), Triacetin (1518), Starch, Acidifier (270), Anti caking agent (551), Acidity regulator,(327) Natural Flavouring substances. ***Contains***: *Gluten (Wheat), Soy*

LUNCH BY LIBELLE

THURSDAY April 7th:

Standard Lunch: Ham & Cheese Sandwich- Wholemeal Bread with ham, cheese and lettuce, Potato Salad & Carrot Sticks

V, VE – chickpea smash with vegan mayo
H, NP – chicken
GF – GF bread
SF – SF bread
DF, VE – vegan cheese
DF, EF, VE – vegan potato salad

Snack: Corn Chips
Year 9+: +Seasonal Fruit

LUNCH CONTAINS GLUTEN, EGG, DAIRY, SOY

Vegetarian Lunch: Wholemeal Bread with *chickpea smash*, cheese and lettuce, Potato Salad & Carrot Sticks Snack: Corn Chips Year 9+: +Seasonal Fruit
Gluten Free Lunch: *GF Bread* with ham, cheese and lettuce, Potato Salad & Carrot Sticks Snack: Corn Chips Year 9+: +Seasonal Fruit
Dairy Free Lunch: Wholemeal Bread with ham, *vegan cheese* and lettuce, *DF potato salad* & Carrot Sticks Snack: Corn Chips Year 9+: +Seasonal Fruit
Egg Free Lunch: Wholemeal Bread with ham, cheese and lettuce, EF Potato Salad & Carrot Sticks *(vegan mayo)* Snack: Corn Chips Year 9+: +Seasonal Fruit
Halal Lunch: Wholemeal Bread with *chicken*, cheese and lettuce, Potato Salad & Carrot Sticks Snack: Corn Chips Year 9+: +Seasonal Fruit
No Beef Lunch: Standard Meal
No Pork Lunch: Wholemeal Bread with *chicken*, cheese and lettuce, Potato Salad & Carrot Sticks Snack: Corn Chips Year 9+: +Seasonal Fruit
Vegan Lunch: Wholemeal Bread with *chickpea smash,* vegan cheese and lettuce, *Vegan Potato Salad* & Carrot Sticks *(vegan mayo)* Snack: Corn Chips Year 9+: +Seasonal Fruit
Soy Free Lunch: Wholemeal Bread with *chickpea smash*, cheese and lettuce, Potato Salad & Carrot Sticks Snack: Corn Chips 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*

Hellers 4x4 ham
Ingredients: Pork (57%), Water, Potato Starch, Soy Protein, Acidity Regulators (326,262), Sugar, Salt, Thickeners (1442,407a,508), Mineral Salts (451,452), Dextrose, Antioxidant (316), Rice Flour, Smoke Flavour, Preservative (250).
***Contains**: Soy*

Alpine Natural Cheese Edam Slices
Ingredients: pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

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*

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*

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*

FRIDAY April 8th:

Standard Lunch: Honey Soy Chicken Rice Salad Bowl (Brown Rice Salad with Honey Soy Chicken, Slaw, Peas and Sesame seeds)

LUNCH BY LIBELLE

V,VE - tofu
VE – teriyaki Sauce
SF – Japanese mayo

Snack: Popcorn & Fruit

LUNCH CONTAINS SOY

Vegetarian Lunch: Brown Rice Salad with *Honey Soy Tofu,* Slaw, Peas and Sesame seeds Snack: Popcorn & Fruit
Gluten Free Lunch: Standard Meal
Dairy Free Lunch: Standard Meal
Egg Free Lunch: Standard Meal
Halal Lunch: Standard Meal
No Beef Lunch: Standard Meal
No Pork Lunch: Standard Meal
Vegan Lunch: Brown Rice Salad with *Teriyaki Tofu*, Slaw, Peas and Sesame seeds Snack: Popcorn & Fruit
Soy Free Lunch: Brown Rice Salad with *Chicken, Japanese Mayo,* Slaw, Peas and Sesame seeds Snack: Popcorn & Fruit

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 Chinese Honey Soy Sauce

Ingredients: water, sugar, soy sauce (20%) (contains wheat derivatives), honey (3%), thickener (maize starch 1422), sherry, yeast extract, food acid (acetic), vegetable oil (sunflower), colour (caramel IV), vegetable gum (xanthan), salt. "Confirming – yes it is certified gluten-free" supplier comment

***Contains** soy*

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

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