

Meal #10: Macaroni Cheese

MACARONI CHEESE IS A FAMILIAR FAVOURITE

Lots of cheese, ham and veggies in our version of Wholemeal Macaroni Cheese. This meal ticks all the boxes with plenty of wholegrains, veggies and protein to fill tummies and feed minds!



Standard Lunch: Macaroni Cheese - Wholemeal Pasta with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top

Special diets: v, h, np, sf, ve - canellini beans|gf - gf pasta|df, ve - savoury lentils sauce, vegan cheese

Snack: Cookie

Special diets: gf, sf - popcorn

Vegetarian Lunch: Wholemeal Pasta with vegful cheese sauce, mixed veggies, *white beans* and cheese on top Snack Cookie

Gluten Free Lunch: *GF Pasta* with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top
Snack Popcorn

Dairy Free Lunch: Wholemeal Pasta with *savoury lentils sauce*, ham and vegan cheese on top Snack Cookie

Egg Free Lunch: Standard Lunch

Halal Lunch: Wholemeal Pasta with vegful cheese sauce, mixed veggies, *white beans* and cheese on top
Snack Cookie

No Beef Lunch: Standard Lunch

No Pork Lunch: Wholemeal Pasta with vegful cheese sauce, mixed veggies, *white beans* and cheese on top
Snack Cookie

Vegan Lunch: Wholemeal Pasta with *savoury lentils sauce*, ham and vegan cheese on top Snack Cookie

Soy Free Lunch: Wholemeal Pasta with vegful cheese sauce, mixed veggies, *white beans* and cheese on top
Snack *Trail Mix*

Diamond Wholemeal Penne

Ingredients: Durum Wholewheat Semolina

Nutrifare Cheese Sauce

Ingredients: Water, Cauliflower 26.3%, Onion 22.0%, Cheese 14.1% (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture, Coagulating Enzyme, Starch, Cellulose, Preservative (200)), Whole Milk Powder (Milk), Thickener (1422), Canola Oil, Salt Fine, Pepper, Garlic Dehydrated.

Contains: dairy

Hellers Pizza Ham

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: 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

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative

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

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

Vegie Delights Savoury Lentils

Ingredients: Rehydrated Brown Lentils (42%), Water, Reconstituted Tomato Puree (23%), Onion (6%), Salt, Colour (Caramel), Spice Blend (Wheat) May contain Peanut, Egg and Soy

Contains: Cereals Containing Gluten

NZ Kettlecorn Sea Salt

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