

Meal #13: Pasta Bolognese



PASTA BOLOGNESE - A CLASSIC FAVOURITE

Wholemeal penne pasta with our signature vegful tomato sauce with beef mince and red lentils, with a sprinkle of cheese
Nutritious and tasty - this lunch will fuel your body and your mind!

Standard Lunch: Pasta Bolognese - Wholemeal Pasta with Beef and Lentil Bolognese sauce with carrots and cheese

Special diets: v,nb,ve - lentil Bolognese| gf - gf pasta| df, ve - vegan cheese

Snack: Cookie

Special diets: gf, sf -trail mix

Vegetarian Lunch: Wholemeal Pasta with *Lentil Bolognese* sauce with carrots and cheese Snack: Cookie

Gluten Free Lunch: *GF Pasta* with Beef and Lentil Bolognese sauce with carrots and cheese Snack: *Trail Mix*

Dairy Free Lunch: Wholemeal Pasta with Beef and Lentil Bolognese sauce with carrots and *vegan cheese*
Snack: Cookie

Egg Free Lunch: Standard Lunch

Halal Lunch: Standard Lunch (Beef Bol sauce is halal)

No Beef Lunch: Wholemeal Pasta with *Lentil Bolognese* sauce with carrots and cheese Snack: Cookie

No Pork Lunch: Standard Lunch

Vegan Lunch: Wholemeal Pasta with *Lentil Bolognese* sauce with carrots and *vegan cheese* Snack: Cookie

Soy Free Lunch: Wholemeal Pasta with Beef and Lentil Bolognese sauce with carrots and cheese Snack: *Trail Mix*

Diamond Wholemeal Penne

Ingredients: Durum Wholewheat Semolina

Contains: Gluten

NUTRIFARE Beef Bolognese with lentils

Ingredients: Water, Tomatoes 28%, Lentils 23.3%, Minced Beef 14.5%, Onion, Canola Oil, Thickener (1422), Yeast Extract, Garlic Dehydrated, Salt, Herbs & Spices.

Bella Pizza Sauce

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

GKCC Bakery Blend Cheese

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.

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

Contains: dairy

San Remo Pulse Chickpea Spirals

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

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

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**

MRS HIGGINS ESSENTIALS COOKIES ANZAC

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