

## Meal #15: Cheesy Chicken Pasta



### Standard Lunch: Cheesy Chicken Pasta - Wholemeal pasta with cheesy sauce, chicken and mixed veggies

Special diets: v - cannellini beans| gf - gf pasta| df, ve - savoury tomato sauce, vegan cheese|

#### Snack: Cookie

Special diets: gf, sf -trail mix

**Vegetarian Lunch:** Wholemeal pasta with cheesy sauce, white beans, cheese and mixed veggies Snack: Cookie

**Gluten Free Lunch:** *GF pasta* with cheesy sauce, chicken and mixed veggies Snack: *trail mix*

**Dairy Free Lunch:** Wholemeal pasta with *savoury tomato sauce*, chicken, *vegan cheese* and mixed veggies  
Snack: Cookie

**Egg Free Lunch:** Standard Lunch

**Halal Lunch:** Standard Lunch (halal chicken supplied)

**No Beef Lunch:** Standard Lunch

**No Pork Lunch:** Standard Lunch

**Vegan Lunch:** Wholemeal pasta with *savoury tomato sauce*, *white beans*, *vegan cheese* and mixed veggies  
Snack: Cookie

**Soy Free Lunch:** Wholemeal pasta with cheesy sauce, chicken and mixed veggies Snack: *trail mix*

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

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

Contains: Sulphites

#### Diamond Wholemeal Penne

**Ingredients:** Durum Wholewheat Semolina

Contains: **Gluten**

#### San Remo Pulse Chickpea Spirals

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

#### Tatua Cheese Sauce

**Ingredients:** cheese (47%), (skim milk, cream, salt, milk solids, cultures, enzymes), water, milk solids, thickener (1442), stabilizers (415, 466), emulsifying salts (331, 451), food acid (270), yeast extract, colours (100, 160a). Product claim Gluten free

Contains: **milk and milk products**

#### Knorr Tuscan Chunky Veg

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:** Vegetables (90%) [tomato puree, onion, capsicum, carrot, zucchini, chargrilled red capsicum (4.5%), celery, chargrilled onion (0.5%)], vegetable oil, sugar, salt, balsamic vinegar, garlic, natural flavours, food acid (citric), pepper.

#### **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

#### **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**