

Meal #2: COTTAGE PIE

Standard Lunch: Cottage Pie - Beef Mince with Veggies and Lentils topped with mashed potato, served with mixed veggies

Special diets: v, nb, ve - gardeners pie with beans, lentils and veggies| df, ve- df mashed potato

Snack: Cookie

Special diets: gf, sf- popcorn, cracker or trail mix

LUNCH CONTAINS DAIRY

Vegetarian Lunch: *Gardeners Pie - Veggies, Beans and Lentils* topped with mashed potato, served with mixed veggies Snack: Cookie

Gluten Free Lunch: Cottage Pie - Beef Mince with Veggies and Lentils topped with mashed potato, served with mixed veggies Snack: *popcorn, cracker or trail mix*

Dairy Free Lunch: Cottage Pie - Beef Mince with Veggies and Lentils topped with *DF mashed potato*, served with mixed veggies Snack: Cookie

Egg Free Lunch: Standard Meal

Halal Lunch: Standard Meal (Cottage Pie is Halal)

No Beef Lunch: *Gardeners Pie - Veggies, Beans and Lentils* topped with mashed potato, served with mixed veggies Snack: Cookie

No Pork Lunch: Standard Meal

Vegan Lunch: *Gardeners Pie - Veggies, Beans and Lentils* topped with mashed potato, served with mixed veggies Snack: Cookie

Soy Free Lunch: Cottage Pie - Beef Mince with Veggies and Lentils topped with mashed potato, served with mixed veggies Snack: *popcorn, cracker or trail mix* Slices

Knorr Cooking Potato Flakes

Ingredients: Potatoes (99%) (contains sulphites), emulsifier (471), stabiliser (450), flavours.

Contains: dairy when made up

NUTRIFARE cottage pie meat with lentils (Halal)

Ingredients: Cottage Pie Mix 50% (Water, Beef 28.8%, Onion 9.5%, Peas 6.9%, Carrot 6.9%, Green Beans 5.9%, Thickener (Tapioca Starch), Tomato Paste, Canola Oil, Salt, Yeast Extract, White Vinegar, Dates, Garlic Dehydrated, Thyme, Bay leaf, Pepper), Cooked Lentils 50% ((Water, Red Lentils 25.0%, Salt)

Value Standard Milk

Ingredients: Milk (100%).

Contains dairy

NUTRIFARE vegetable Gardeners pie (vegan)

Ingredients: Vegetable Cottage Pie Mix 50% (Kidney Beans 8.2%, Mixed Vegetables 7.1% (Peas, Carrots & Corn), Onion, Kumara, Pumpkin, Tomato, Dates Paste, Yeast Extract, Mustard Dijon, Pepper), Cooked Lentils 50%

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