

## Meal #3: BUTTER CHICKEN AND BROWN RICE



### BUTTER CHICKEN ALWAYS TOPS THE FAVOURITE LIST!

Packed with chicken, chickpeas and cauliflower cooked in our signature no-nasties sauce, served with flavourful brown rice and green beans, this is a nutritious and tasty meal to help your tamariki power through their day!

**Standard Lunch: Butter Chicken & Brown Rice** - Butter Chicken Sauce with Chicken, Chickpeas and veggies served with brown rice  
Special diets: v, ve - butter chickpeas with brown rice

**Snack:** Popcorn  
Special diets: none

**Vegetarian Lunch:** *Butter Chicken Sauce with Chickpeas* and veggies served with brown rice **Snack:** Popcorn

**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:** *Butter Chicken Sauce with Chickpeas* and veggies served with brown rice **Snack:** Popcorn

**Soy Free Lunch:** Standard Meal

### **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

### **Loft Butter Chicken Sauce**

**Ingredients:** Tomato (50%), Water, Cold Pressed Rapeseed Oil, Coconut Cream, Onion, Thickener (Modified Starch, Modified Corn Starch, Xanthan Gum), Spices, Tomato Paste, Tamarind, Ginger, Raw Sugar, Salt, Yeast Extract, Garlic, Vinegar Powder, Acidity Regulator (Lactic Acid), Lemon Juice Concentrate Dairy free; Gluten free; Refined sugar free

### **NZ Kettlecorn Sea Salt**

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

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