

Meal #5: Pasta and Meatballs



PASTA & MEATBALLS

Beef meatballs topped with cheese on top of our vegful tomato sauce tossed through wholemeal penne pasta and extra peas give extra protein and pack your lunch with veggies! 1/3, 1/3, 1/3 veggies, wholegrains and protein will keep you moving and help you learn!

Standard Lunch: Pasta and Meatballs - Wholemeal Pasta with Napoli style Vegful Tomato sauce and Meatballs with cheese and peas

Special diets: v, gf, df, h, nb, ve, sf - beetroot quinoa amazeballs| gf - gf pasta| df, ve - vegan cheese

Snack: Hidden Vege Muffin (High School + Seasonal fruit)

Special diets: gf, ef, ve - popcorn, cracker or trail mix

Vegetarian Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and Beetroot Amazeballs with cheese and peas **Snack:** Muffin

Gluten Free Lunch: *GF Pasta* with Napoli style Vegful Tomato sauce and *Beetroot Amazeballs with cheese and peas* **Snack:** *Popcorn*

Dairy Free Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and *Beetroot Amazeballs with vegan cheese and peas* **Snack:** Muffin

Egg Free Lunch: Standard Lunch

Halal Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and Beetroot Amazeballs with cheese and peas **Snack:** Muffin

No Beef Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and Beetroot Amazeballs with cheese and peas **Snack:** Muffin

No Pork Lunch: Standard Lunch

Vegan Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and *Beetroot Amazeballs with vegan cheese and peas* **Snack:** *Popcorn*

Soy Free Lunch: Wholemeal Pasta with Napoli style Vegful Tomato sauce and Beetroot Amazeballs with cheese and peas **Snack:** Muffin

Diamond Wholemeal Penne

Ingredients: Durum Wholewheat Semolina

Contains: **Gluten**

Knorr Pronto Napoli

Ingredients: Italian tomatoes[^] (95%) (diced, paste), sunflower oil, sugar, water, salt, citric acid, onions.

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

Knorr Tuscan Chunky Veg

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.

GKCC Bakery Blend Cheese

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

Contains: dairy

Leader Meatballs (Premium School)

Ingredients: Beef (48%), Water, Breadcrumbs [Wheat Flour, Water, Yeast, Salt, Black Pepper, Canola Oil, Vegetable Fibre, Rye Flour, Gluten (Wheat), Acidity Regulator (263), Mixed Grains (Rye, Wheat, Oats), Soy Flour, Vinegar, Emulsifiers (481, 472e), Barley Malt (Extract, Roasted Flour), Sugar, Thickener (412), Mineral (Iron), Wheat (Starch), Vitamins (B3, B1, B2, Folic Acid)], Textured Soy Protein, Soy Protein Isolate, Thickener (1412), Seasoning (2.5%) [Dehydrated Vegetables, Salt, Herb, Spice, Canola Oil], Parmesan Cheese 0.5% (Milk), Colour (150c), Emulsifiers (450, 451)

Contains: Gluten (Wheat, Rye, Oats, Barley Malt), Milk and Soy

Food Nation Amazeballs

DF - Dairy Free GF - Gluten free SF - Soy Free V - Vegan

Ingredients: Vegetables (60%) (Mushrooms, Chickpeas, Beetroot (12%), Kumara (9%), Spring Onion, Garlic), Water, Kiwi Quinoa (5%), Canola Oil, Vegetable Gums (Methylcellulose, Locust Bean, Xanthan, Guar), Rice Flour, Herbs, Pea Protein, Modified Starch (1412), Pea Fibre, Salt, Molasses, Spices

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

Original Foods Hidden Banana Blueberry Muffin

Ingredients: Pumpkin (19%), Wheat Flour, Banana (13%), Vegetable Oil, Sugar, Wholemeal Wheat Flour, Egg, Blueberries (6%), Brown Sugar, Maltodextrin, Wheat Bran, Raising Agents (450, 500), Free Flow Agent (170), Salt, Natural Flavour.

Contains: Gluten and Egg. *May be Present: Milk, Soy, Peanuts and Tree Nuts.*