

Meal #6: Chicken and Mash



Standard Lunch: Chicken and Mash - Chicken , Mashed Potato and Vegetables with Cheese Sauce

Special diets: v, ve - mushroom and grain super sausie| df, ve - df mashed potato, vegan gravy

Snack: Popcorn

Special diets: none

Vegetarian Lunch: *Mushroom Super Sausie* , Mashed Potato and Vegetables with Cheese Sauce Snack: Popcorn

Gluten Free Lunch: Standard Lunch

Dairy Free Lunch: Roast Chicken , *DF Mashed Potato* and Vegetables with *DF gravy* Snack: Popcorn

Egg Free Lunch: Standard Lunch Snack: Popcorn

Halal Lunch: Standard Lunch (halal chicken used)

No Beef Lunch: Standard Lunch

No Pork Lunch: Standard Lunch

Vegan Lunch: *Mushroom Super Sausie* , *DF Mashed Potato* and Vegetables with *DF gravy* Snack: Popcorn

Soy Free Lunch: Standard Lunch

Knorr Cooking Potato Flakes

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

Contains: dairy when made up

Value Standard Milk

Ingredients: Milk (100%).

Contains dairy

Tegel Shredded Chicken Classic Roast [HSR 4.0 Certified Halal](#)

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

Contains: Sulphites

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

Real Gravy (vegan)

Ingredients: Water 91.4%, Tapioca Starch, Tomato Paste, Date Paste, Salt, yeast extracts, Herbs & Spices

Food Nation Mushroom and grain super sausies**Dairy Free, Soy Free, Vegan**

Ingredients: Vegetables (51%) (Mushroom, Chickpeas, Onion, Garlic), Water, Grains (8%) (Sunflower Seeds, Kiwi Quinoa, Buckwheat), Vegetable Oil, Vegetable Protein (Faba Bean, Pea), Vegetable Gums (Methylcellulose, Xanthan, Locust Bean, Guar), Rice Flour, Wholegrain Mustard, Modified Starch (1412), Pea Fibre, Salt, Herbs, Spices

NZ Kettlecorn Sea Salt

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