

TERM 4, WEEK 9 DECEMBER 13-17th

MONDAY DECEMBER 13th:

Standard Lunch: Loaded Nachos - Chilli beans, chicken, corn, and capsicum on corn chips, topped with sour cream/yoghurt and cheese

V, VE – Chilli Bean Loaded Nachos

DF, VE- Vegan Cheese, Coconut Yoghurt

Snack: Seasonal Fruit

LUNCH CONTAINS DAIRY, SOY

Vegetarian Lunch: Chilli beans, corn, and capsicum on corn chips, topped with sour cream/yoghurt and cheese **Snack:** Seasonal Fruit

Dairy Free Lunch: Chilli beans, Chicken, corn, and capsicum on Corn Chips, topped with *coconut yoghurt* and *vegan cheese*

Snack: Fruit

Vegan Lunch: Chilli beans, corn, and capsicum on Corn Chips, topped with *coconut yoghurt* and *vegan cheese* Snack: Fruit

Romiros Corn Chips Natural

Ingredients: Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

Craigs Chilli Beans

Ingredients: Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Spice & Herb Blend including Chilli (Contains Traces of Wheat & Sesame), Food Acid (Acetic Acid)], Red Kidney Beans (Contain Traces of Soy) (47%) *May contain traces of soy and sesame* **Contains: Soy, Sulphites**

Gilmours Baked Beans

Ingredients:

Tomato sauce (tomatoes, water, sugar, salt, maize flour, maize thickener (1412), stabilisers (412, 466), food acids (acetic acid, citric acid), flavours, garlic, spices, acidity regulator (sodium bicarbonate)), navy beans (48%) **(contain soy)**. **Contains Soy**

Tegel Shredded Chicken Classic Roast HSR 4.0

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

Anchor Sour Cream

Ingredients: cream, skim milk, thickener (1422), halal gelatine, milk solids, emulsifier (339), culture.

Contains: milk

GKCC Bakery Blend Cheese

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

Contains: dairy

Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative

Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Cartotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

Barkers Red Pepper Breadshot

Ingredients: Red pepper (68%), Sugar, Roast Garlic (10%), (garlic, canola oil), Vinegar, (White), Thickener (1442), Sea Salt, garlic, Preservative (202), Spice, Smoke Extract, Chilli

Pams Four Bean Mix **Ingredients:** Cannelline Beans (15%), Red Kidney Beans (15%), Butter Beans (15%), Chickpeas (15%), Water, Salt

TUESDAY DECEMBER 14th:

Standard Lunch: Beef n Bean Burrito Wrap and Salad - Beef and bean, brown rice, cheese and grated carrot tucked in a wholemeal tortilla wrap, with salad.

V, VE – mex beans

DF, VE – vegan cheese

High School Snack: Seasonal Fruit (Muffin^{HS})

LUNCH CONTAINS GLUTEN, DAIRY, EGG

LUNCH BY LIBELLE

Vegetarian Lunch: *Mex beans*, brown rice, cheese, and grated carrot tucked in a wholemeal tortilla wrap, with salad.

Snack: Fruit, (Muffin ^{H5})

Gluten Free Lunch: Beef and bean, brown rice, cheese, and grated carrot tucked in a *GF wrap*, with salad. Snack: Fruit, (*Trail Mix* ^{H5})

Dairy Free Lunch: Beef and bean, brown rice, *vegan cheese*, and grated carrot tucked in a wholemeal tortilla wrap, with salad. Snack: Fruit, (*Trail Mix* ^{H5})

Egg Free Lunch: Beef and bean, brown rice, cheese, and grated carrot tucked in a wholemeal tortilla wrap, with salad.

Snack: Fruit, (*Trail Mix* ^{H5})

No Beef Lunch: *Mex beans*, brown rice, cheese, and grated carrot tucked in a wholemeal tortilla wrap, with salad. Snack: Fruit, (Muffin ^{H5})

Vegan Lunch: *Mex beans*, brown rice, *vegan cheese*, and grated carrot tucked in a wholemeal tortilla wrap, with salad.

Snack: Fruit, (*Trail Mix* ^{H5})

Farrahs Wraps Ingredients: Wholemeal **Wheat** Flour (27%) (**Wheat** Flour, **Wheat** Bran, **Wheat** Germ), **Wheat** Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

Cottage Lane GF Wraps Ingredients: Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), **soy** protein concentrate, rice flour, vegetable gums (464, 466, 415), **soy** flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

Nutrifare Beef n bean Mix Ingredients: Tomato Pulp 40.8% , Onion 16.2%, Minced Beef 15.4%, Capsicum Red 11.5%, Kidney Beans 11.5% (Kidney Beans, Water, Salt, Ascorbic Acid), Canola Oil, Thickener (Tapioca Starch), Salt, Yeast Extract, Coriander, Garlic, Cumin, Chili, Pepper, Lemon Oil

Watties Bean There Mex Beans Ingredients: Mexican Style Sauce (55%) (Tomatoes¹, Onion, Red Peppers, Sugar, Jalapeno Peppers, Salt, Maize Thickener (1422), Spices, Red Chillies, Natural Flavour, Food Acid (Citric Acid), Mineral Salt (Calcium Chloride)), Navy Beans (45%)

Veeseey 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 Vanilla Raspberry Muffin Ingredients: Wheat flour, Sugar, Vegetable Oil, Milk, Egg, Raspberries (7.5%), maltodextrin, Yoghurt (milk, milk solids, cultures), raising agents (450,500), Free Flow agent (170), Natural Vanilla flavour(0.03%, wheat bran.

Contains: Gluten, Egg and Milk

WEDNESDAY DECEMBER 15th:

Standard Lunch: Ham & Cheese Pizza - Wholemeal Pizza Base, Pizza Sauce, Pizza Ham, Cheese. Veggie Sticks & Hummus

V, VE – Mushroom & grain notsausie

GF- GF pizza base

DF, VE – vegan cheese

Snack: Seasonal Fruit

LUNCH CONTAINS DAIRY, GLUTEN, SOY

Vegetarian Lunch: Wholemeal Pizza Base, Pizza Sauce, *Mushroom & Grain Sausage*, Cheese, Veggie Sticks & hummus.

Snack: Seasonal Fruit

Gluten Free Lunch: *GF Pizza Base*, Pizza Sauce, Pizza Ham, Cheese, Veggie Sticks & hummus. **Snack:** Seasonal Fruit

Dairy Free Lunch: Wholemeal Pizza Base, Pizza Sauce, Pizza Ham, *Vegan Cheese*, Veggie Sticks & hummus. **Snack:** Seasonal Fruit

Halal/No Pork Lunch: Wholemeal Pizza Base, Pizza Sauce, Chicken, Cheese, Veggie Sticks & hummus. **Snack:** Seasonal Fruit

Vegan Lunch: Wholemeal Pizza Base, Pizza Sauce, *Mushroom & Grain Sausage*, *Vegan Cheese*, Veggie Sticks & hummus.

Snack: Seasonal Fruit

French Bakery Mini Wholemeal Pizza Ingredients: Water, Wholemeal **Wheat** Flour, **Wheat** Flour, **Wheat** Gluten, Texture Improver (sugar, vegetable oil, emulsifier (472e, 481)), Yeast, Salt, Citrus Fibre, Bread Improver (flour treatment agent (300), enzymes) **Contains: Gluten**

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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Hellers Pizza Ham Ingredients: Pork (51%), water, Potato Starch, Salt, Sugar, Thickeners (1442, 407a, 415), Soy Protein, Mineral Salt (451), Antioxidant (316), Preservative (250), Rice flour, Flavouring (Soy, Smoke), Maple Syrup. **Contains: Soy**

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

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**

Bella Pizza Sauce Ingredients: tomatoes, sugar, salt, herbs, garlic, onion powder, vinegar, olive oil, corn starch

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

Pams Hummus

Ingredients: Chickpeas (70%), Water, Canola Oil , Tahini (3%) (Sesame Seeds), Lemon Juice (2.5%), Garlic (1.5%), Salt, Acidity Regulator (330), Spices, Stabiliser (412), Preservative (202) **Contains: sesame**

Venerdi GF Pizza Base

Ingredients: Water, Gluten free flours (rice, tapioca, maize), sunflower oil, rice syrup, yeast, salt, psyllium hus, vegetable guar gum, emulsifier (sunflower lecithin)

Barkers Basil Savoury Filling

Ingredients Water, Chickpea (Chickpea (60%), Water, Salt), Basil (10%) (Puree, Dried), Lemon Juice (Reconstituted), Canola Oil , Thickener (1442, 415), Sugar, Onion, Garlic (2%), Sea Salt, Preservative (202), Spice, Acidity Regulator (330), Natural Colour (100, Plant Extract)

THURSDAY DECEMBER 16th:

Standard Lunch : Ham & Egg Sandwich with seasonal salad

V - egg mayo sandwich

H, NP – chicken and egg mayo sandwich

VE, EF– chickpea smash filling with vegan mayo

GF – GF bread

Snack: Cookie

GF, EF, VE, SF – Trail Mix

LUNCH CONTAINS GLUTEN, SOY, DAIRY

Vegetarian Lunch: *Egg mayo sandwich filling* in wholemeal bread with seasonal salad **Snack:** Cookie

Gluten Free Lunch: Ham and Egg in *GF bread* with seasonal salad **Snack:** *Trail Mix*

Dairy Free Lunch: Ham & egg sandwich filling with seasonal salad **Snack:** Cookie

Egg Free Lunch: *Chickpea and vegan mayo sandwich filling* with seasonal salad **Snack:** *Trail Mix*

Halal, No Pork Lunch: *Chicken & egg sandwich filling* with seasonal salad **Snack:** Cookie

Vegan Lunch: *Chickpea and vegan mayo sandwich filling* with seasonal salad **Snack:** *Trail Mix*

Zeagold Chilled Egg Spread

Ingredients: Egg, Mayonnaise (water, canola oil, sugar, thickener (1442), egg yolk, salt, spices, acidity regulator (260), lemon juice), acidity regulator (330, 325), preservative (202, 234) **Contains: Egg**

Hellers 4x4 ham

Ingredients: Pork (57%), Water, Potato Starch, Soy Protein, Acidity Regulators (326,262), Sugar, Salt, Thickeners (1442,407a,508), Mineral Salts (451,452), Dextrose, Antioxidant (316), Rice Flour, Smoke Flavour, Preservative (250). **Contains: Soy**

Hellers 4x4 Chicken Sliced

Ingredients: Chicken (72%), Water, thickeners, (1442,407), Acidity regulators (326,262), Salt, Soy Protein, Dextrose, Mineral Salts (451, 450), Hydrolysed vegetable protein (Maize Protein Extract, maltodextrin, Rice Bran Oil), yeast Extract, Sugar, Dehydrated vegetables (including onion and garlic), yeast extract, Spice Extracts, Flavours, Preservative (223), Rosemary Extract. **Contains: Soy, Sulphites**

TipTop Supersoft Toast Wholemeal

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Ingredients: Wholemeal Wheat Flour (45%), Water, Wheat Flour, Baker's Yeast, Wheat Gluten, Iodised Salt, Canola Oil, Acidity Regulator (263), Soy Flour, Emulsifiers (481, 472e), Vegetable Gum (415). **Contains: Gluten Cereals and Soy.**

Pastry Kitchen Allergywise White Loaf

Ingredients: Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Tickener (1422), Salt, Yeast, Vegetable Gums (464,412) Cider Humectant, Humectant (422) **Product claims** Gluten free; Nut free; Dairy free; Vegan; Egg free; Soy free

Hellmanns Real Mayo **Ingredients:** Ingredients: Canola oil (76%), pasteurised free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrate, natural mustard flavour, antioxidant (385). **Contains egg.**

Hellmann's Vegan Mayonnaise **Ingredients:** Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

Gingernut Cookies (Mrs Higgins)

Ingredients: Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg, Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt **Contains: gluten/wheat, soy, egg**

FRIDAY DECEMBER 17th:

Standard Lunch: Chicken Teriyaki Salad - Chicken with Teriyaki Sauce on brown rice, with slaw, Japanese Mayo & sesame seeds.

V, VE – Tofu

Snack: Orange Wedges

LUNCH CONTAINS SOY, SESAME

Vegetarian Lunch: Tofu with Teriyaki Sauce on brown rice, with slaw, Japanese Mayo & sesame seeds. **Snack:** Orange wedges

Vegan Lunch: Tofu with Teriyaki Sauce on brown rice, with slaw, Japanese Mayo & sesame seeds. **Snack:** Orange wedges

Knorr Teriyaki **Ingredients Declaration:** Water, sugar, soy sauce (18%) (water, soybeans, rice, salt), pear paste, thickeners (1422, 415), ginger (2.5%), sesame oil, food acid (acetic), sherry, garlic, yeast extract, colour(150d). **Contains soybean and sesame.**

May contain milk, peanuts and tree nuts. # Contains naturally occurring glutamates.* Suitable for vegetarians who consume dairy and egg.

Tegel Shredded Chicken Classic Roast **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 Japanese Mayo **Ingredients:** Cold Pressed Rapeseed Oil, Water, Vinegar, Corn Starch, Salt, Thickener (Modified Corn Starch, Xanthan Gum), Yeast Extract, Raw Sugar, Mustard, Vinegar Powder, Beta Carotene, Garlic.

Dietary Suitability } Vegetarian } Dairy Free } Gluten Free } Refined Sugar Free } Vegan

Bean Supreme Firm Tofu **Ingredients** Water, Non-GMO Soybeans, Mineral Salt (Calcium Sulphate). May contain traces of Dairy, Egg, Peanuts, Tree Nuts, Gluten and Sesame. **Contains Soy.**