

## TERM 2 WEEK 10 LUNCHES

JULY 5<sup>th</sup> – 9<sup>th</sup>

### MONDAY July 5<sup>th</sup>:

#### Standard Lunch: Mac Cheese

GF – GF pasta, cheese sauce

DF, VE – pasta with savoury lentil sauce & vegan cheese

#### Snack: Yoghurt

DF, VE – seasonal fruit

**LUNCH CONTAINS GLUTEN, SOY, DAIRY**

**Gluten Free Lunch:** *GF Pasta & GF balls* (GF Pasta with Napoli Tomato Sauce, *vegetable balls* and seasonal vegetables and cheese) **Snack:** Fruity Yoghurt

**Dairy Free Lunch:** *Pasta & DF balls* (Pasta with Napoli Tomato Sauce, *vegetable balls* and seasonal vegetables and *vegan cheese*) **Snack:** *Seasonal Fruit*

**No Beef/Halal Lunch:** *Pasta & balls* (Pasta with Napoli Tomato Sauce, *vegetable balls* and seasonal vegetables and cheese) **Snack:** Fruity Yoghurt

**Vegan Lunch:** *Pasta & no-meat balls* (Pasta with Napoli Tomato Sauce, *vegetable balls* and seasonal vegetables and *vegan cheese*) **Snack:** *Seasonal Fruit*

**Pasta Vera Macaroni Cheese** Ingredients: Water, Macaroni (Durum Wheat Semolina), Tasty Cheese (7%) (Milk, Salt, Vegetarian Rennet, Cultures, Anti Caking Agent (460), Preservative (200)), Cheese Low Fat (6%) (Milk, Salt, Vegetarian Rennet, Cultures, Anti Caking Agent (460), Preservative (200)), Milk Powder (Pasteurised Milk, Lecithin (Soy)), Parmesan Cheese (4.5%) (Contains Milk, Salt, Cultures, Enzymes), Maps40 (Contains Preservative (220-Sulphites)), French Dijon Mustard, Salt, White Pepper  
**Contains: Wheat, Milk, Soybean (Lecithin)**

### TUESDAY July 6<sup>th</sup>:

#### Standard Lunch: Beef & Cheese Salad Wrap (Sliced Roast Beef, Salad, Cheese, Corn)

V, VE- Falafels

GF – Gf wrap

DF – vegan cheese

H, NB – roast chicken

#### Snack: Hummus, veggie sticks, pretzels (Seasonal Fruit <sup>H5</sup>)

**LUNCH CONTAINS GLUTEN, SOY, DAIRY, SESAME**

GF – corn chips

**Vegetarian Lunch:** *Falafel Salad Wrap* with salad (wholemeal wrap, *falafel*, edam cheese, salad, corn), **Snack:** Hummus, veggie sticks, pretzels (Seasonal fruit <sup>H5</sup>)

**Gluten Free Lunch:** *Beef Salad Wrap* with salad (*GF wrap*, beef, cheese, salad, corn) **Snack:** Hummus, veggie sticks, *corn chips* (Seasonal fruit <sup>H5</sup>)

**Dairy Free Lunch:** *Beef Salad Wrap* with salad (wholemeal wrap, beef, *vegan cheese*, salad, corn) **Snack:** Hummus, veggie sticks, pretzels (Seasonal fruit <sup>H5</sup>)

**Halal, No Beef Lunch:** *Chicken Salad Wrap* with salad (wholemeal wrap, *roast chicken*, edam cheese, salad, corn) **Snack:** Hummus, veggie sticks, pretzels (Seasonal fruit <sup>H5</sup>)

**Vegan Lunch:** *Falafel Salad Wrap* with salad (wholemeal wrap, *falafel*, *vegan cheese*, salad, corn), **Snack:** Hummus, veggie sticks, pretzels (Seasonal fruit <sup>H5</sup>)

**Farras 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**

**Farmlands Foods Shaved Beef** Ingredients: Beef (73%), Water, Salt, Tapioca Starch, Potato Starch, Modified Starch (1412), Sugar, Stabilizers (451, 508, 450), Thickeners (407a, 415), vegetable Protein Extract (maize), Acidity Regulators (262, 331), Dextrose, Antioxidant (316), Caramel

**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 Ranch Dressing** Ingredients: Water, Cold Pressed Rapeseed Oil, Coconut Cream (7%), Vinegar, Salt, Corn Starch, Thickener (Modified Corn Starch, Xanthan Gum), Acidity Regulator (Lactic Acid), Chives, Raw Sugar, Garlic, Onion, Mustard, Vinegar Powder, Parsley, Dill, Spices, Natural Colour (Beta Carotene). Dietary Suitability } Vegetarian } Dairy Free } Gluten Free } Refined Sugar Free } Vegan

**Alpine Natural Cheese Edam Slices** Ingredients: pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

**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

**Pretzels** Ingredients: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Malt, Vegetable Oil, Leavening Packed in the same premises as products containing Peanuts, Tree Nuts, Other Cereals Containing Gluten, Milk, Sesame Seeds and Soy **Contains: Gluten (Wheat, Barley), Soy**

## WEDNESDAY July 7th:

### Standard Lunch: Chicken Ranch Pasta Salad (pasta spirals, ranch dressing, chicken, cheese, corn, carrot batons)

V, VE – FN mushroom magic mince

Gf – GF pasta

DF, VE – vegan cheese

**Snack:** Bliss Balls (seasonal fruit <sup>H5</sup>)

**LUNCH CONTAINS GLUTEN, DAIRY,**

**Vegetarian Lunch:** Ranch Pasta Salad (pasta spirals, ranch dressing, FN mushroom & chickpea mince, cheese, corn, carrot batons)

**Snack:** Bliss Balls (seasonal fruit <sup>H5</sup>)

**Gluten Free Lunch:** Chicken Ranch Pasta Salad (GF pasta spirals, ranch dressing, chicken, cheese, corn, carrot batons)

**Snack:** Bliss Balls (seasonal fruit <sup>H5</sup>)

**Dairy Free Lunch:** Chicken Ranch Pasta Salad (pasta spirals, ranch dressing, chicken, vegan cheese, corn, carrot batons)

**Snack:** Bliss Balls (seasonal fruit <sup>H5</sup>)

**Vegan Lunch:** Ranch Pasta Salad (pasta spirals, ranch dressing, FN mushroom & chickpea mince, vegan cheese, corn, carrot batons)

**Snack:** Bliss Balls (seasonal fruit <sup>H5</sup>)

### San Remo Pasta

**Ingredients;** Durum Wheat Semolina.

**Contains: Gluten**

### San Remo GF Pasta Spirals

**Ingredients** Maize Starch, Soy Flour, Potato Starch, Rice Starch. May contain traces of Lupin

**Contains Soy**

### Brinks Chicken Breast Sliced

**Ingredients:** Chicken (97%), salt, sugar, mineral salts (451, 450), antioxidant (316), thickeners (412, 415), preservative (250).

### Food Nation Magic Mince – Mushroom & Hemp

Dairy Free, Soy Free, Vegan **Ingredients:** Vegetables (53%) (Fresh Mushrooms (30%), Leeks, Chickpeas), Water, Canola Oil, Thickeners (416, 410, 415, 412), Rice Flour, Pea Protein, Hemp Seeds (2%), Pea Fibre, Modified Starch (1412), Herbs, Spices, Natural Flavour

### Dairyworks Cheese Edam Cubed

**Ingredients:** Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Anticaking Agent (460), Preservative (200)) **Contains: Milk and Milk Products**

### 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

### Cranberry Coconut Blissbites (Mrs Higgins)

**Ingredients:** Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

## THURSDAY July 8th:

### Standard Lunch: Chicken Mayo Sandwich or Roll (wholemeal bread or roll, Roast chicken, mayo, salad, kumara rosti<sup>H5</sup>)

V – tofu slices or egg mayo

GF – GF bread or roll

**Snack:** Blueberry Cake, Seasonal Fruit<sup>H5</sup>

DF, EF, VE – kea cookie

**LUNCH CONTAINS GLUTEN, SOY, DAIRY**

**Vegetarian Lunch:** Tofu Slices or Egg Salad Sandwich (wholemeal bread or roll, tofu slices or egg, salad, kumara rosti<sup>H5</sup>) **Snack:** Blueberry Cake, Seasonal Fruit<sup>H5</sup>

**Gluten Free Lunch:** Chicken Mayo Sandwich or Roll (GF Roll or bread, Roast chicken, mayo, salad, kumara rosti<sup>H5</sup>) **Snack:** Blueberry Cake, Seasonal Fruit<sup>H5</sup>

**Dairy Free Lunch:** Chicken Mayo Sandwich or Roll (wholemeal bread or roll , Roast chicken, mayo, salad, kumara rosti<sup>HS</sup>) **Snack:** Kea Cookie, Seasonal Fruit<sup>HS</sup>

**Egg Free Lunch:** Chicken Mayo Sandwich or Roll (wholemeal bread or roll , Roast chicken, vegan mayo, salad, kumara rosti<sup>HS</sup>) **Snack:** Kea Cookie, Seasonal Fruit<sup>HS</sup>

**Vegan Lunch:** Chicken Mayo Sandwich or Roll (wholemeal bread or roll , *tofu slices or egg*, mayo, salad, kumara rosti<sup>HS</sup>) **Snack:** Kea Cookie, Seasonal Fruit<sup>HS</sup>

#### TipTop Supersoft Rolls

**Ingredients:** Wheat Flour, Water, Oats (13%), Wheat Gluten, Sugar, Canola Oil , Iodised Salt, Baker's Yeast, Emulsifiers (481, 472e, 471), Preservatives (282), Soy Flour, Barley Malt Flour, Vegetable Gum (415), Wheat Starch, Vitamins (Niacin, Thiamin, Riboflavin) May be present: Sesame Seeds and Milk,

**Contains:** *Gluten Cereals and Soy*

#### TipTop Supersoft Toast Wholemeal

**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.*

#### Allergy Wise GF White Rolls

**Ingredients:** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)

#### Allergywise Brown Loaf

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

#### 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*

#### Hellmanns Deli Mayo

**Ingredients:** Water, soybean oil, sugar, thickener (1442), vinegar, iodised salt, egg yolk, acidity regulator (270), preservatives (02, 415), natural mustard flavour, stabiliser (415), colour (160a)

**Contains** *soybean and 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.

#### Cool Gardener Kumara Rosti

**Ingredients:** Kumara (68%), Seasoning [Rice Flour, Sugar, Salt, Spices, Yeast Extract, Spice Extract (Turmeric), Vegetable Oil], Onion, Potato [Water, Dehydrated Potatoes, Emulsifiers (471, 450), Acidity Regulator (Citric Acid)], Water, Vegetable Oil, Thickener (1412)

Vegan Friendly, Gluten Free, Plastic Free Packaging, Made In NZ, No artificial colours or flavours

#### Original Foods Blueberry Vanilla Cake

**Ingredients:** Sugar, Modified Starch (1442, 1422), Potato Starch, Maize Starch, Whey Powder, Egg, Vegetable Oil, Water, Raising Agents (450, 500), Salt, Emulsifiers (471, 481), Natural Flavour, Thickeners (415, 412). may\_contain: peanuts and their derivatives in the product; soybeans and their derivatives; nuts and their derivatives.

**Contains:** *eggs and their derivatives; milk and their derivatives*

#### Kea Cookies Vanilla Cookie - Gluten, Wheat, dairy and egg free.

**Ingredients:** Gluten Free Flour (Maize Cornflour, Maize Starch, Rice Flour), Margarine [(Vegetable Oils (Palm, Coconut), Water, Salt, Emulsifiers (471, 322 – Soy), Antioxidant (307), Flavour, Colour (160a), Acidity Regulator (330)], Sugar, Vanilla Essence (Flavour, Colour (150d)), Raising agent [500].

**Contains:** *Soy*

## FRIDAY July 9th:

**Standard Lunch:** Butter Chicken & Rice (Chicken, chickpeas, seasonal veg, butter chicken sauce, rice)

V, VE – chickpeas

DF, VE – Dairy free Butter Chicken sauce

**Snack:** Seasonal Fruit

### LUNCH CONTAINS DAIRY

**Vegetarian Lunch:** *Butter Chickpeas on Rice (chickpeas, seasonal veg, butter chicken sauce, rice)*

**Snack:** Seasonal Fruit

**Dairy Free Lunch:** *Butter Chicken & Rice (Chicken, chickpeas, seasonal veg, dairy free butter chicken sauce, rice)*

**Snack:** Seasonal Fruit

**Vegan Lunch:** *Butter Chickpeas on Rice (chickpeas, seasonal veg, vegan butter chicken sauce, rice)*

**Snack:** Seasonal Fruit

**Heinz Butter Chicken Sauce**

**Ingredients:** Tomatoes, Cream, Onion, Yoghurt, Maize Thickener (1412), Canola Oil , Milk Protein, Curry Spices (Chilli), Butter (1.2%), Salt, Ginger Paste, Sugar, Garlic

**Contains dairy.**

**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

**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**