

TERM 2 WEEK 7 LUNCHES

JUNE 14th – 18th

This list of ingredients is based upon the accuracy of the product information given by the food manufacturers. Lunch by Libelle has made every effort to ensure the accuracy of the information at the time of writing; however, it is possible that ingredient changes and/or substitutions may occur before this list is updated.

May 2021

MONDAY:

Standard Lunch:

Lasagne with seasonal vegetables

Snack: Fruity Yoghurt

Vegetarian Lunch: Vegetarian Lasagne (GF/DF/Veg Lasagne) with seasonal vegetables, **Snack:** fruit salad

Gluten Free Lunch: GF (GF/DF/Veg Lasagne) Lasagne with seasonal vegetables, **Snack:** fruit yoghurt

Dairy Free Lunch: DF (GF/DF/Veg Lasagne) Lasagne with seasonal vegetables, **Snack:** fruit salad

No Beef Lunch: Vegetarian Lasagne (GF/DF/Veg Lasagne) with seasonal vegetables, **Snack:** fruit yoghurt

Vegan Lunch: DF (GF/DF/Veg Lasagne) Lasagne with seasonal vegetables, **Snack:** fruit salad

Nutrifare Lasagne

Ingredients: Pasta Cooked 36.7%, Tomato 28.5% Minced Beef 18.0%, **Cheese**, Onion, Thickener (Tapioca Starch), Canola Oil, Milk Powder, Yeast Extract, Salt, Garlic, Sugar, Pepper & Herbs

Contains: Dairy, Gluten

Nutrifare Veg, DF, GF Lasagne

Ingredients: Tomato Paste 47.1%, (Concentrated tomatoes (98%), Sugar, Salt, Food Acid (Citric Acid), Lasagne Pasta (Gluten-Free) 26.2% (Corn Flour 55%, Rice Flour 45%), Onion, Defatted Soy Flour (**Soy** Flour 99%, Caramel Colour 150d)), Thickener (Tapioca Starch), Canola Oil, Mash Potato (Potato) Yeast Extract, Salt, Parmesan Cheese (Dairy Free) (Modified Starch, Natural Flavor, Sodium Aluminosilicate (anti-caking agent), Alpha Tocopherol (antioxidant)), Dehydrated Garlic, Brown Sugar, Spices & Herbs

Contains: Soy

Yoghurt

Ingredients: Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%)), **cream**, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202)

Contains: Milk.

TUESDAY

Standard Lunch:

Chicken Wrap (Wholemeal Wrap, roast chicken, salad vegetables (coleslaw, carrot, spinach), smashed chickpeas, Bombay Aioli)

Snack: Hummus, veggie sticks, corn chips

Vegetarian Lunch: (Wholemeal Wrap, salad vegetables (coleslaw, carrot, spinach), smashed chickpeas, Bombay Aioli), **Snack:** Hummus, veggie sticks, corn chips

Gluten Free Lunch: (GF Wrap, roast chicken, salad vegetables (coleslaw, carrot, spinach), smashed chickpeas, Bombay Aioli),

Snack: Hummus, veggie sticks, corn chips

Vegan Lunch: (Wholemeal Wrap, salad vegetables (coleslaw, carrot, spinach), smashed chickpeas, Bombay Aioli), **Snack:**

Hummus, veggie sticks, corn chips

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

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

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

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

Obela Hommus

Ingredients: Cooked Chickpeas (73%), Tahini (13%) (Sesame Seeds), Canola Oil, Garlic, Salt, Food Acid (Citric Acid), Preservative (202). May contain traces of tree nuts, milk and sulphites.

Contains: sesame

OR 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

Romiro's Corn Chips Natural

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

WEDNESDAY:

Standard Lunch:

Sushi Rice Bowl (Sushi Rice, Sesame seeds, Chicken, Tofu, Peas, Carrot, Celery, Capsicum, Japanese Mayo, Soy Sauce)

Snack: Cookies (seasonal fruit ^{HS})

Vegetarian Lunch: Sushi Rice Bowl (Sushi Rice, Sesame seeds, Tofu, peas, carrot, celery, capsicum, Japanese Mayo, Soy Sauce)

Vegan Lunch: Sushi Rice Bowl (Sushi Rice, Sesame seeds, Tofu, peas, carrot, celery, capsicum, Japanese Mayo, Soy Sauce)

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

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

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

Leader Broccoli Cheese Bites **Ingredients:** Broccoli (32%), Cheese (19%) [Milk, Salt, Starter Culture, Enzyme], Breadcrumbs [Wheat Flour, Salt, Yeast, Natural Colour (100)], Water, Batter [Water, Thickeners (1404, 412), Wheat Flour, Hydrolysed Vegetable Protein (Soy), Herbs, Spices], Potato Flakes (Rehydrated) (Preservative (222 Sulphites)), Vegetable Oil, Salt, Starch (Maize), Spices

Contains: gluten (wheat), milk, soy and sulphites

Hellmann's 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.

Fresh n Fruity Yoghurt **Ingredients:** Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry

(reconstituted)(0.5%), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202).

Contains: Milk.

THURSDAY:

Standard Lunch:

Beef & Cheese Sandwich (wholemeal bread, roast beef, edam cheese, lettuce, relish, mayo), carrot batons, kumara rosti ^{HS}

Snack: Seasonal Fruit

Vegetarian Lunch: Egg Mayo sandwich ((wholemeal bread, boiled mashed egg, edam cheese, lettuce, relish, mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

Gluten Free Lunch: Beef & Cheese Sandwich (GF bread, roast beef, edam cheese, lettuce, relish, mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

Dairy Free Lunch: Beef & Cheese Sandwich (wholemeal bread, roast beef, vegan cheese, lettuce, relish, mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

Egg Free Lunch: Beef & Cheese sandwich (wholemeal bread, roast beef, edam cheese, lettuce, relish, vegan mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

No Beef/Halal Lunch: Egg Mayo sandwich ((wholemeal bread, boiled mashed egg, edam cheese, lettuce, relish, mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

Vegan Lunch: Tofu Slices & vegan Cheese sandwich ((wholemeal bread, baked tofu slices, vegan cheese, lettuce, relish, vegan mayo), carrot batons, kumara rosti ^{HS} **Snack:** Seasonal Fruit

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

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**

Hellmann's 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.

Bean Supreme Marinated Peking Tofu Ingredients: Seasoned Tofu (80%) (Water, Soy Beans, Canola Oil, Ginger, Firming Agent (Calcium Sulphate), Spring Onion, Garlic), Peking Marinade (20%) (Hoisin Sauce (Sugar, Water, Fermented Soy Bean Paste (Wheat), Salt, Sweet Potato Powder, Colour (150a, 129), Modified Corn Starch (1422), Sesame Paste, Garlic, Spices, Chilli, Acidity Regulator (260)), Sweet Soy Sauce (Wheat), Ginger, Sesame Oil, Chilli, Garlic, Acidity Regulator (Ascorbic Acid)) May contain traces of Milk, Egg, Peanuts and Tree Nuts **Contains: wheat gluten, Soy, and Sesame**

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:

Standard Lunch:

Chicken Parmigiana with Roll (chicken tender with creamy parmigiana sauce, spinach, green beans, cheese, and dinner roll)

Snack: Blueberry Muffin

Vegetarian Lunch: Chickpea falafel parmigiana with Roll (Chickpea falafel with creamy parmigiana sauce, spinach, green beans, cheese and dinner roll) **Snack: Blueberry Muffin**

Gluten Free Lunch: Chicken Parmigiana with Roll (chicken slices with creamy parmigiana sauce, spinach, green beans, cheese, and GF dinner roll) **Snack: Coconut Blissbites**

Dairy Free Lunch: Chicken Parmigiana with Roll (chicken slices with raguletto sauce, spinach, green beans, vegan cheese, and dinner roll) **Snack: Coconut Blissbites**

Egg Free Lunch: Chicken Parmigiana with Roll (chicken tender with creamy parmigiana sauce, spinach, green beans, cheese, and dinner roll) **Snack: Coconut blissbites**

Halal Lunch: Chicken Parmigiana with Roll (chicken slices with creamy parmigiana sauce, spinach, green beans, cheese, and dinner roll) **Snack: Coconut Blissbites**

Vegan Lunch: Chickpea falafel parmigiana with Roll (chickpea falafel with raguletto sauce, spinach, green beans, vegan cheese, and dinner roll) **Snack: Coconut Blissbites**

Gilmours Chicken Tenders

Ingredients: Chicken (43%), Water, Flour (Wheat, Rice), Starch (Tapioca), Yeast, Yeast Extract, Wheat Gluten, Salt, Sugar, Canola Oil, Spices, Spice Extracts, Fat Powder (Contains: Milk, Soy), Thickeners (412, 1442), Mineral Salt (450, 451), Dehydrated Vegetables, Raising Agent (500), Wheat Bran, Soy Protein. **Contains: Gluten (Wheat, Bran), Milk and Soy**

Brinks Chicken Breast Sliced

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

OR

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**

Knorr Parmigiana

Ingredients: Tomato puree (46%)(from paste), crushed tomatoes (41%)[firming agent(509)], carrot, onion, vegetable oil, pecorino cheese (1.2%)(from milk), salt, thickeners (1422, 415), sugar, garlic, chilli, basil, food acid (citric), natural flavour. *May contain soybean, sesame, peanuts and tree nuts.* **Contains milk.**

Rolling Meadow Grated Edam Cheese

Ingredients:

Pasteurised Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Anti Caking Agent (460), Preservative (200). 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-Cartotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

Original Foods Blueberry Muffin

Ingredients: Sugar, Wheat Flour, Egg, Vegetable Oil, Blueberries (13%), Water, Wheat Fibre, Thickener (1422, 415, 412), Whey Powder, Raising Agents (450, 575, 500), Salt, Emulsifiers (471, 481), Acid (330), Preservative (202), Natural Flavour. May be Present: Soy, Peanuts and Tree Nuts. **Contains: Gluten, Egg and Milk.**

Cranberry Coconut Blissbites

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

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (VE) Vegan.