

TERM 2 WEEK 8 LUNCHES

JUNE 21st – 25th

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 June 21st:

Standard Lunch:

Stir Fried Rice (Rice, mixed veggies, chickpeas)

Snack: Fruity Yoghurt

LUNCH CONTAINS SOY, DAIRY

Vegetarian Lunch: Stir Fried Rice

Snack: Seasonal Fruit

Dairy Free Lunch: Stir Fried Rice

Snack: Seasonal Fruit

Vegan Lunch: Stir Fried Rice

Snack: Seasonal Fruit

Stir Fried Rice

Ingredients: Rice 58.8%, Onion 10.3%, Carrot 10.3%, Corn, Canola Oil, Soy Sauce (Water, Soybeans, Rice, and Salt), Celery, Peas, Sweet Chilli Sauce (Water, Sugar, Red Chilli, Garlic, Salt, Thickener (E1422), Acidity Regulator (E260)), Green Beans, Parsley, Garlic Dehydrated, Ginger, Salt Fine. **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.**

Standard Lunch:

Ham & Cheese Wrap with salad (Wholemeal Wrap, sliced ham, edam cheese, coleslaw, carrot, and corn)

Snack: Hummus, veggie sticks, chips

LUNCH CONTAINS SESAME, GLUTEN, SOY, DAIRY, SESAME

Vegetarian Lunch: Cheese Wrap with salad (Wholemeal Wrap, sliced ham, edam cheese, coleslaw, carrot, and corn)

Snack: Hummus, veggie sticks, chips

Gluten Free Lunch: Ham & Cheese Wrap with salad (GF wrap, sliced ham, edam cheese, coleslaw, carrot, and corn)

Snack: Hummus, veggie sticks, corn chips

Dairy Free Lunch: Ham & vegan Cheese Wrap with salad (Wholemeal Wrap, sliced ham, vegan cheese, coleslaw, carrot, and corn) **Snack:** Hummus, veggie sticks, chips.

No Pork/Halal Lunch: Chicken & Cheese Wrap with salad (Wholemeal Wrap, shredded chicken, cheese, coleslaw, carrot, and corn) **Snack:** Hummus, veggie sticks, chips

Vegan Lunch: Vegetable Patty Wrap with salad (Wholemeal Wrap, vegetable patty, vegan cheese, coleslaw, carrot, and corn) **Snack:** Hummus, veggie sticks, 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**

Gilmours Sliced Leg Ham Rindless

Ingredients: Pork (82%), Water, Salt, Thickeners (1412, 407), Dextrose, Sugar, Dried Vinegar, Mineral Salts (451, 452, 450, 500), Pork Protein, Antioxidant (316), Preservative (250), Yeast Extract **MAY CONTAIN: SOYBEANS AND THEIR DERIVATIVES.**

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

Cassava Chips (Ninety Nine)

Ingredients: Cassava Flour (45%), Tapioca Flour, Sugar, Wheat Flour, Salt, Vegetable Oil May contain: crustacea, egg, fish, milk, peanuts, soybeans

Contains: Gluten

WEDNESDAY June 23rd:

Standard Lunch: Burger Sliders & Salad (Beef burger, wholemeal roll, burger sauce, lettuce, edam cheese slice carrot batons)

Snack: Cookie (seasonal fruit ^{HS})

LUNCH CONTAINS GLUTEN, SOY, EGG, DAIRY,

Vegetarian Lunch: Vegetable Burger Slider & Salad (Food Nation burger, wholemeal roll, burger sauce, lettuce, edam cheese slice carrot batons) **Snack:** Cookie (seasonal fruit ^{HS})

Gluten Free Lunch: Burger Slider & Salad (Food Nation burger, GF roll, burger sauce, lettuce, edam cheese slice, carrot batons) **Snack:** Bliss balls (seasonal fruit ^{HS})

Dairy Free Lunch: Burger Slider & Salad (Food Nation burger, wholemeal roll, burger sauce, lettuce, vegan cheese slice, carrot batons) **Snack:** Cookie (seasonal fruit ^{HS})

Egg Free Lunch: Burger Slider & Salad (Food Nation burger, wholemeal roll, burger sauce, lettuce, cheese slice, carrot batons) **Snack:** Bliss balls (seasonal fruit ^{HS})

No Beef/Halal Lunch: Lamb Burger Slider & Salad (Lamb burger, wholemeal roll, burger sauce, lettuce, edam cheese slice, carrot batons) **Snack:** Cookie (seasonal fruit ^{HS})

Vegan Lunch: Vegetable Burger Slider & Salad (Food Nation burger, wholemeal roll, burger sauce, lettuce, vegan cheese slice carrot batons) **Snack:** Bliss balls (seasonal fruit ^{HS})

Angel Bay Beef Sliders

Ingredients: Beef (69%), onion, breadcrumb (wheat flour, water, yeast, canola oil, salt, acidity regulator (262), textured soy protein, egg, salt, whey protein concentrate, modified food starch (1442), spices, hydrolysed maize protein, mineral salt, (451), beef extract. **Contains:** wheat, gluten, soy, egg and milk products

French Bakery Wholemeal Burger Bun

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). Vegan Suitable **Contains:** Gluten

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)

Food Nation Kumara & Quinoa Happy Pattys

Dairy Free, Soy Free, 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

Angel Bay Lamb Burgers

Ingredients: Lamb (76%), onion, breadcrumb, (wheat flour, water, yeast, canola oil, salt, acidity regulator (262)), egg, whey protein concentrate, salt, hydrolysed maize protein, spices, mineral salt (451) **Contains:** wheat, gluten, soy, egg and milk products

Loft Burger Sauce

Ingredients: Water, Cold Pressed Rapeseed Oil, Raw Sugar, Gherkins (7%), Vinegar, Corn Starch, Onion, Salt, Garlic, Thickener (Modified Corn Starch, Xanthan Gum), Mustard, Paprika, Vinegar Powder, White Pepper, Natural Colour (Beta Carotene). Dietary Suitability | Vegetarian | Dairy Free | Gluten Free | Refined Sugar Free | Vegan

Cranberry Goodness bites (Mrs Higgins)

Ingredients: Dates, Oats, Wheat Flour, Dried Cranberries (cranberries, apple juice concentrate, sunflower oil), Coconut Oil, Desiccated Coconut, Egg, Raising Agent (Sodium Bicarbonate), Water, Natural Cranberry Flavour
Contains: *Gluten, Egg*

Cranberry Coconut Bliss bites (Mrs Higgins)

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

THURSDAY June 24th:

Standard Lunch:

Chicken Mayo Filled Roll (roll, roast chicken, mayo, lettuce, carrot)

Snack: *Wholemeal Pikelet, Seasonal Fruit* ^{HS}

LUNCH CONTAINS GLUTEN, SOY, EGG, DAIRY,

Vegetarian Lunch: Egg Mayo filled roll (roll, mashed egg, lettuce, carrot, mayo) **Snack:** *Wholemeal Pikelet, Seasonal Fruit* ^{HS}

Gluten Free Lunch: Chicken Mayo filled roll (GF roll, chicken, lettuce, carrot, mayo) **Snack:** *Kea Cookie, Seasonal Fruit* ^{HS}

Dairy Free Lunch: Chicken Mayo filled roll (roll, chicken, lettuce, carrot, mayo) **Snack:** *Kea Cookie, Seasonal Fruit* ^{HS}

Egg Free Lunch: Chicken Mayo filled roll (roll, chicken, lettuce, carrot, vegan mayo) **Snack:** *Kea Cookie, Seasonal Fruit* ^{HS}

Vegan Lunch: Tofu Salad filled roll (roll, baked tofu slices, lettuce, carrot, vegan mayo) **Snack:** *Kea Cookie, Seasonal Fruit* ^{HS}

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*

Pikelets

Ingredients: Water, Wheat Flour, Buttermilk Powder, Dextrin, Canola Oil, Raising Agents (500, 541), Whole Egg Powder, Emulsifiers (322 (Soy), 471), Salt, Preservatives (202, 234), Vanilla Flavour
Claims Vegetarian, Made with Buttermilk, Source of Fibre, No Added Sugar
Contains: *cereals containing gluten (wheat), soy, egg and milk*

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 June 25th:

Standard Lunch:

Chicken & Rice with BBQ sauce (chicken, capsicum, peas, tofu, BBQ sauce (Loft), sesame seeds, carrot, and rainbow slaw on rice)

Snack: *Seasonal Fruit*

LUNCH CONTAINS SOY, SESAME

Vegetarian Lunch: Tofu & Rice with BBQ sauce (tofu, capsicum, peas, tofu, BBQ sauce (Loft), sesame seeds, carrot, and rainbow slaw on rice)

Snack: *Seasonal Fruit*

Vegan Lunch: Tofu & Rice with BBQ sauce (tofu, capsicum, peas, tofu, BBQ sauce (Loft), sesame seeds, carrot, and rainbow slaw on rice) **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*

Loft Korean BBQ Sauce

Ingredients: Raw Sugar, Gluten Free Soy Sauce (22%) (Water, Soybean, Salt), Water, Vinegar, Sesame Oil (5%), Tomato Paste, Molasses, Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Tamarind, Roasted Red Pepper, Ginger, Salt, Onion, Spices.

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.

