

TERM 2 WEEK 9 LUNCHES

JUNE 28th – JULY 2nd

MONDAY June 28th:

Standard Lunch:

Pasta & meatballs (Pasta with Napoli Tomato Sauce, Beef meatballs and seasonal vegetables and cheese)

Snack: Fruity Yoghurt

LUNCH CONTAINS GLUTEN, SOY, DAIRY

Vegetarian Lunch: Pasta & no-meat balls (Pasta with Napoli Tomato Sauce, vegetable balls and seasonal vegetables and cheese)

Snack: Seasonal Fruit

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

Knorr Pronto Napoli

Ingredients: Italian tomatoes^ (95%) (diced, paste), sunflower oil, sugar, water, salt, citric acid, onions.

Leader Meatballs (Premium School)

Ingredients: Beef (48%), Water, Breadcrumbs [**Wheat** Flour, Water, Yeast, Salt, Black Pepper, Canola Oil, Vegetable Fibre, **Rye** Flour, **Gluten (Wheat)**, Acidity Regulator (263), Mixed Grains (**Rye, Wheat, Oats**), **Soy** Flour, Vinegar, Emulsifiers (481, 472e), **Barley Malt** (Extract, Roasted Flour), Sugar, Thickener (412), Mineral (Iron), **Wheat** (Starch), Vitamins (B3, B1, B2, Folic Acid)], Textured **Soy** Protein, **Soy** Protein Isolate, Thickener (1412), Seasoning (2.5%) [Dehydrated Vegetables, Salt, Herb, Spice, Canola Oil], Parmesan Cheese 0.5% (**Milk**), Colour (150c), Emulsifiers (450, 451)

Contains: *Gluten (Wheat, Rye, Oats, Barley Malt), Milk and Soy*

Food Nation Amazeballs

DF - Dairy Free GF - Gluten free SF - Soy Free V - 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

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

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

Yoghurt (Fresh n Fruity)

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 June 29th:

Standard Lunch:

Chicken Salad Wrap (wholemeal wrap, chicken tender, edam cheese, lettuce, carrot)

Snack: Hummus, veggie sticks, corn chips, (Seasonal Fruit ^{H5})

LUNCH CONTAINS GLUTEN, SOY, DAIRY, SESAME

Vegetarian Lunch: Chickpea Salad Wrap with salad (wholemeal wrap, smashed chickpeas, edam cheese, lettuce, carrot),

Snack: Hummus, veggie sticks, corn chips, (Seasonal fruit ^{H5})

Gluten Free Lunch: Chicken Salad Wrap with salad (GF wrap, roast chicken, edam cheese, lettuce, carrot)

Snack: Hummus, veggie sticks, corn chips, (Seasonal fruit ^{H5})

Dairy Free Lunch: Chicken Salad Wrap with salad (wholemeal wrap, roast chicken, vegan cheese, lettuce, carrot)

Snack: Hummus, veggie sticks, corn chips, (Seasonal fruit ^{H5})

Halal Lunch: Chicken Salad Wrap with salad (wholemeal wrap, roast chicken, edam cheese, lettuce, carrot)

Snack: Hummus, veggie sticks, corn chips, (Seasonal fruit ^{H5})

Vegan Lunch: Chickpea Salad Wrap with salad (wholemeal wrap, smashed chickpeas, vegan cheese, lettuce, carrot),

Snack: Hummus, veggie sticks, corn chips, (Seasonal fruit ^{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

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

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

DAIRY

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-Carotene), 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

Romiros Corn Chips Natural

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

WEDNESDAY June 30th:

Standard Lunch: Nachos (Corn Chips, Chilli Beans, Chicken, Carrot, Corn, Cheese and Sour Cream)

Snack: Anzac Cookie (seasonal fruit ^{H5})

LUNCH CONTAINS GLUTEN, DAIRY

Vegetarian Lunch: Nachos (Corn Chips, Chilli Beans, Carrot, Corn, Cheese and Sour Cream)

Snack: Anzac Cookie (seasonal fruit ^{H5})

Gluten Free Lunch: Nachos (Corn Chips, Chilli Beans, Chicken, Carrot, Corn, cheese, sour cream)

Snack: Kea cookie (seasonal fruit ^{HS})

Dairy Free Lunch: Nachos (Corn Chips, Chilli Beans, Chicken, Carrot, Corn, vegan cheese, vegan mayo)

Snack: Anzac Cookie (seasonal fruit ^{HS})

Vegan Lunch: Nachos (Corn Chips, Chilli Beans, Carrot, Corn, vegan cheese, vegan mayo)

Snack: Kea cookie (seasonal fruit ^{HS})

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*

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**

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 **Contains: milk**

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**

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.

Anchor Sour Cream

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

Anzac Cookies (Mrs Higgins)

Ingredients: Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate). **Contains: gluten/wheat**

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 July 1st:

Standard Lunch:

Ham, Cheese & Egg Sandwich^{JR} or Filled Roll ^{HS} (wholemeal bread or long roll, sliced ham, cheese, egg spread, leafy greens, mayo, relish), carrot batons, (corn patty ^{HS})

Snack: Seasonal Fruit

LUNCH CONTAINS GLUTEN, SOY, DAIRY

Vegetarian Lunch: Tofu Slices or Egg & Cheese Sandwich^{JR} or Filled Roll ^{HS} (wholemeal bread or long roll, tofu Slices or egg, cheese, leafy greens, mayo, relish), carrot batons, (corn patty ^{HS})

Snack: Seasonal Fruit

Gluten Free Lunch: Ham, Cheese & Egg Sandwich^{JR} or Filled Roll ^{HS} (GF bread or roll, sliced ham, cheese, egg, leafy greens, mayo, relish), carrot batons, (corn patty ^{HS})

Snack: Seasonal Fruit

Dairy Free Lunch: Ham, Vegan Cheese & Egg Sandwich^{JR} or Filled Roll ^{HS} (wholemeal bread or long roll sliced ham, vegan cheese, leafy greens, mayo, relish), carrot batons, (corn patty ^{HS})

Snack: Seasonal Fruit

Egg Free Lunch: Ham & Cheese Sandwich^{JR} or Filled Roll ^{HS} (wholemeal bread or long roll sliced ham, cheese, leafy greens, vegan mayo, relish), carrot batons, (corn patty ^{HS})

Snack: Seasonal Fruit

Halal/No Pork Lunch: Tofu Slices, Egg & Cheese Sandwich^{JR} or Filled Roll ^{H5} (wholemeal bread or long roll, tofu Slices, egg, cheese, leafy greens, mayo, relish), carrot batons, (corn patty ^{H5})

Snack: Seasonal Fruit

Vegan Lunch: Tofu Slices & Vegan Cheese Sandwich^{JR} or Filled Roll ^{H5} (wholemeal bread or long roll, tofu Slices, vegan cheese, leafy greens, vegan mayo, relish), carrot batons, (corn patty ^{H5})

Snack: Seasonal Fruit

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.*

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*

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

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. **Contains:** *milk*

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

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*

French Maid Tomato Relish

Ingredients: Tomato (64.1%), Sugar, Vinegar, Thickener (1422), Onion, Salt, Spices, Food Acid (575), Preservatives (202, 211), Yeast Extract, Natural Flavour

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.

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*

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*

Wild Chef Corn Fritters

Ingredients: Sweetcorn (13%), Kumara, Chickpea, Red Capsicum, Potato Flake, Tapioca Flour, Spring Onion, Ginger, Lemongrass, Garlic, Coriander, Sugar, Salt, Chilli Flakes, Cracked Pepper

FRIDAY July 2nd:
Standard Lunch:

Sweet & Sour Pork on Rice (pork, sweet and sour sauce, mixed veggies, chicken broth)

Snack: Muffin

LUNCH CONTAINS SOY, SESAME, GLUTEN, EGG, DAIRY

Vegetarian Lunch: Sweet & Sour Tofu on Rice (marinated tofu, sweet and sour sauce, mixed veggies, vegetable broth)

Snack: Muffin

Gluten Free Lunch: Sweet & Sour Pork on Rice (pork, sweet and sour sauce, mixed veggies, chicken broth)

Snack: Bliss Balls

Dairy Free Lunch: Sweet & Sour Pork on Rice (pork, sweet and sour sauce, mixed veggies, chicken broth)

Snack: Bliss Balls

Egg Free Lunch: Sweet & Sour Pork on Rice (pork, sweet and sour sauce, mixed veggies, chicken broth)

Snack: Bliss Balls

Halal/No Pork Lunch: Sweet & Sour Chicken on Rice (chicken, sweet and sour sauce, mixed veggies, chicken broth)

Snack: Muffin

Vegan Lunch: Vegetarian Lunch: Sweet & Sour Tofu on Rice (marinated tofu, sweet and sour sauce, mixed veggies, vegetable broth)

Snack: Bliss Balls

Leader Pulled Pork

Ingredients Pork (78%), Water, Soy Protein, Mineral Salt (451, 452), Thickeners (1442, 407, 415), Emulsifier (471), Spice Extract (160c), Yeast Extract, Emulsifier (451), Acidity Regulators (262), Sugar, Maltodextrin, Tapioca Starch, Anti-caking agent (551), Flavours. May be present: Gluten **Contains: Soy, Sulphites**

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.**

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 Chinese Sweet and Sour Sauce

Ingredients: Water, sugar, vegetables (10%) [carrot (6%), capsicum (2%), onion (2%)], vinegar, pineapple juice (8.5%) (from concentrate), thickener (1422), salt, sherry, tomato paste, food acid (acetic), colours (160c, 120).

Foundation Foods Chicken Stock

Ingredients: Chicken, Water, Carrots, Onions, Celery, Herbs and Spices

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 Bliss bites (Mrs Higgins)

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