

TERM 3 Week 9 LUNCH

MONDAY September 20th:

Standard Lunch: Mac Cheese with Cauliflower (White and Wholemeal Pasta elbows, Libelle Cauliflower Cheese Sauce, white beans, mixed veggies)

GF – GF pasta

DF, VE – Pumpkin Ricotta Ravioli with Tomato sauce (**contains cashew**)

Snack: Seasonal Fruit

LUNCH CONTAINS GLUTEN, DAIRY

Gluten Free Lunch: Mac Cheese with Cauliflower (*GF Pasta elbows, Libelle Cauliflower Cheese Sauce, white beans, mixed veggies*) **Snack:** Seasonal Fruit

Dairy Free Lunch: *Pumpkin Ravioli with vegful tomato sauce, vegan cheese & mixed veggies*) **Snack:** Seasonal Fruit

Vegan Lunch: *Pumpkin Ravioli with vegful tomato sauce, vegan cheese & mixed veggies*) **Snack:** Seasonal Fruit

Nutrifare Cheese Sauce

Ingredients: Water, Cauliflower 26.3%, Onion 22.0%, Cheese 14.1% (**Milk**, Cream, Salt, Vegetable Gum (410), Starter Culture, Coagulating Enzyme, Starch, Cellulose, Preservative (200)), Whole Milk Powder (Milk), Thickener (1422), Canola Oil, Salt Fine, Pepper, Garlic Dehydrated. **Contains dairy**

Pasta Vera Pumpkin & Ricotta Ravioli

Ingredients: Water, Pumpkin, Durum Semolina Flour, Flour, Cashews, Sundried Tomato, Spinach Powder, Organic Hemp Seed Protein, Basil, Salt, Yeast Flakes, Lemon Juice, Garlic, White pepper **Contains cashew**

Pams Pasta Sauce

Ingredients: Chopped Tomatoes (63%), Tomato Paste (31%), Sugar, Onion, Garlic, Basil, Oregano, Thickener (1422), Black Pepper, Acid Regulator (330), Salt

TUESDAY September 21st:

Standard Lunch: Pork Taco (Wholemeal wrap, pulled pork, cheese, Libelle coleslaw salad with corn, BBQ mayo ^{optional})

V, VE- Mexican Beans
GF – Gf wrap
DF – vegan cheese
H, NB – roast chicken

Snack: Fruit Yoghurt (Pikelet ^{HS})

DF, VE – soy yoghurt
GF, DF, EF, VE^{HS} - Bliss Bite ^{HS}

LUNCH CONTAINS GLUTEN, SOY, DAIRY, EGG ^{HS}

Vegetarian Lunch: *Mex beans* Taco (wholemeal wrap, *Mexican beans*, cheese, coleslaw salad, corn) **Snack:** Fruit Yoghurt (Pikelet ^{HS})

Gluten Free Lunch: Pork Taco (*GF wrap*, pulled pork, cheese, coleslaw salad with corn) **Snack:** Fruit Yoghurt (*Bliss Bite* ^{HS})

Dairy Free Lunch: Pork Taco (Wholemeal wrap, pulled pork, *vegan cheese*, coleslaw salad with corn) **Snack:** Soy yoghurt (*Bliss Bite* ^{HS})

Egg Free Lunch: Pork Taco (Wholemeal wrap, pulled pork, cheese, coleslaw salad with corn) **Snack:** Yoghurt (*Bliss Bite* ^{HS})

Halal, No Pork Lunch: *Chicken Taco* (GF wrap, *shredded chicken*, cheese, coleslaw salad with corn) **Snack:** Fruit Yoghurt (Pikelet ^{HS})

Vegan Lunch: *Mex beans* Taco (wholemeal wrap, *Mexican beans*, vegan cheese, coleslaw salad, corn) **Snack:** Soy Yoghurt (*Bliss Bite* ^{HS})

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

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

Hellers Pulled Pork BBQ

Ingredients: Pork (49%), BBQ Sauce (Tomato Pulp, Sugar, Maltodextrin, White Vinegar, vegetable Powder, Yeast extract, Hydrolysed Vegetable Protein (maize), TI Regulators (326, 262), Salt, Maltodextrin, Mineral Salt (451,450), Hydrolysed Yeast Extract, Spice Extract, Preservative (223), Flavouring, Vegetable Oil
Contains: Sulphites

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

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%)

Loft Smoky BBQ Mayo

Ingredients: Cold Pressed Rapeseed oil, water, raw sugar, vinegar, tomato paste (2%), salt, molasses, corn starch, mustard, thickener (modified corn starch, modified starch, Xanthum gum), glucose, smoke powder, mustard, vinegar powder, chipotle pepper, garlic, paprika, natural colour (beta carotene), cloves, white pepper

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.

Pikelets (Marcel's)

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
(wheat), soy, egg and milk

Contains: *cereals containing gluten*

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

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

WEDNESDAY September 22nd:

Standard Lunch: Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

V, VE – FN Mexican corn magic mince
H, NB – shredded chicken
DF, VE – vegan cheese

Snack: cookie

GF, DF, EF, VE – Bliss bites

LUNCH CONTAINS GLUTEN, DAIRY, EGG

Vegetarian Lunch: *Mexican Bean Nachos* (Mexican beans with Food Nation *mexican corn magic mince*, capsicum and kumara, cheese and corn chips) **Snack:** cookie

Gluten Free Lunch: Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

Snack: *Bliss bites*

Dairy Free Lunch: Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, *vegan cheese* and corn chips)

Snack: *Bliss bites*

Egg Free Lunch: Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

Snack: *Bliss bites*

Halal, No Beef Lunch: *Chicken and Bean Nachos* (Mexican beans with corn, capsicum and kumara, *chicken*, cheese and corn chips)

Snack: cookie

Vegan Lunch: *Mexican Bean Nachos* (Mexican beans with Food Nation *mexican corn magic mince*, capsicum and kumara, *vegan cheese* and corn chips) **Snack:** *Bliss bites*

Source & Supply Pulled Beef

Ingredients: NZ Beef (95%), Water, Potato starch, Salt

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**

Romiros Corn Chips Natural

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

Veeseys 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

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

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 September 23rd:

Standard Lunch: Ham and Cheese Filled Roll (long roll, ham, cheese, mayo, lettuce, corn patty^{HS})

V – egg mayo

GF – GF roll

H, NP – Sliced chicken

VE – chickpea & corn patty

Snack: Veggie Sticks and Dip, Seasonal Fruit^{HS}

LUNCH CONTAINS GLUTEN, SOY, DAIRY, EGG

Vegetarian Lunch: *Egg Salad Roll* (long roll, *egg mayo*, lettuce, corn patty^{HS}) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

Gluten Free Lunch: Ham and Cheese Filled Roll (*GF roll*, ham, cheese, mayo, lettuce, corn patty^{HS}) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

Dairy Free Lunch: Ham and Cheese Filled Roll (long roll, ham, *vegan cheese*, mayo, lettuce, corn patty^{HS}) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

Egg Free Lunch: Ham and Cheese Filled Roll (long roll, ham, cheese, *vegan mayo*, lettuce, corn patty^{HS}) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

Halal, No Pork Lunch: *Chicken* and Cheese Filled Roll (long roll, *sliced chicken*, cheese, mayo, lettuce, corn patty^{HS}) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

Vegan Lunch: Chickpea & Corn Patty & Salad Roll (long roll, *chickpea and corn patty*, *vegan mayo*, lettuce) **Snack:** Veggie Sticks and Dip Seasonal Fruit^{HS}

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)

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.

FRIDAY September 24th:

Standard Lunch: Butter Chicken & Rice (Chicken, chickpeas, seasonal veg, butter chicken sauce, mixed white and brown rice)

V, VE - chickpeas

Snack: Seasonal Fruit

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

Snack: Seasonal Fruit

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

Snack: Seasonal Fruit

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