

LUNCH
BY
LIBELLE 

Term 4, 2021

TOTARA WEEK

22/11 - 26/11

MONDAY

Chicken & Slaw Burger

Wholemeal burger bun, BBQ chicken patty, cheese, seasonal salad, burger sauce, corn cob.

Dietary Alternatives:
V, GF, VE: Black bean burger patty
GF: Gluten free burger bun
DF, VE: Vegan cheese

Snack: *Muffin

Snack Dietary Alternatives:
GF, DF, EF, VE: Wholegrain rice cracker

TUESDAY

Pizza Roll Ups

Baked wholemeal tortilla with pizza sauce, ham, and cheese, served with coleslaw salad.

Dietary Alternatives:
V, VE: Mushroom magic mince
GF: Gluten free wrap
DF, VE: Vegan cheese

**Snack: Seasonal Fruit
and Popcorn**

Snack Dietary Alternatives:
None

WEDNESDAY

Egg & Bacon Pasta Salad

Wholemeal pasta salad with bacon, egg, ranch dressing and seasonal veg.

Dietary Alternatives:
GF: Gluten free chickpea pasta
EF: Bacon mushroom
VE: Mushroom and chickpea
V, H, NP: Chickpea and egg

**Snack: Fruit Yoghurt
^Cookie, *Seasonal Fruit**

Snack Dietary Alternatives:
DF, VE: Trail mix/fruit replaces yoghurt.

GF, SF: Trail mix replaces cookie

THURSDAY

Meatball Sub Roll

Meatballs and parmigiana sauce on high fibre long roll with cheese & corn cob.

Dietary Alternatives:
V, GF, DF, VE, H, SF: Kumara quinoa amazeballs
GF: Gluten free roll
DF, VE: Vegan cheese
DF, VE: Vegan tomato sauce

**Snack: ^Carrot Batons
*Seasonal Fruit**

Snack Dietary Alternatives:
None

FRIDAY

Butter Chicken Wrap

Butter chicken sauce and brown rice tucked into a wholemeal wrap and salad.

Dietary Alternatives:
V, VE: Tofu

**Snack: Pikelet
*Seasonal Fruit**

Snack Dietary Alternatives:
None



Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. *Senior students additional item, ^Junior students only.

Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need these options please make the school aware two weeks in advance. Meals are prepared in a non-allergen controlled environment. If you have low tolerance towards certain allergens please notify the school immediately. Items may vary subject to supply.