SAMPLE MENUS

LUNCH BY LIBELLE

Term 3, 2021

KAURI WEEK

09/08-13/08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac & Cheese *White and wholemeal pasta elbows, Libelle cauliflower cheese sauce, white beans, mixed veggies.* ***Dietary Alternatives:*** ***GF:** GF pasta* ***DF, VE:** Pumpkin ravioli with tomato sauce* **Snack:** Fruit	**Chicken Salad Wrap** *Wholemeal wrap, roast chicken, cheese, coleslaw salad, ranch dressing.* ***Dietary Alternatives:*** ***V, VE:** Chickpea patty* ***GF:** GF wrap* ***DF, VE:** Vegan cheese* **Snack:** Corn Chips, Seasonal Fruit ***Snack Dietary Alternatives:** None*	**Cheeseburger** *Wholemeal bun or slider, burger patty, cheese, lettuce, burger sauce.* ***Dietary Alternatives:*** ***V, VE:** Black bean burger patty* ***GF, DF, EF, H, NB:** Chicken burger* ***DF, VE:** Vegan cheese* **Snack:** Yoghurt*Fruit ***Snack Dietary Alternatives:** DF, VE: Fruit salad*	**Pizza** *Wholemeal pizza base, vegful pizza sauce, diced ham, cheese.* ***Dietary Alternatives:*** ***V:** No ham, chickpea corn patty* ***GF:** GF pizza base* ***H, NP:** Chicken* ***VE:** No ham, chickpea corn patty* **Snack:** Veggie Sticks and Hummus*Fruit ***Snack Dietary Alternatives:** None*	**Butter Chicken & Rice** *Chicken, chickpeas, seasonal veg, butter chicken sauce, mixed white and brown rice.* ***Dietary Alternatives:*** ***V, VE:** Chickpeas* **Snack:** 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.
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.

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LUNCH BY LIBELLE

Term 3, 2021

NIKAU WEEK

16/08-20/08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta with Beef Bolognese Sauce *Vegful tomato sauce with beef mince and lentils.* ***Dietary Alternatives:*** ***V, NB, VE:** Savoury lentils, vegful tomato sauce & pasta* ***GF:** GF pasta & beef bolognese sauce* **Snack:** Cookie ***Snack Dietary Alternatives:** GF, VE: Bliss Bites*	**Ham & Cheese Roll Up** *Wholemeal wrap, ham, cheese, coleslaw & ranch dressing.* ***Dietary Alternatives:*** ***V:** Beans and cheese* ***GF:** GF wrap* ***DF, VE:** Vegan cheese* ***H, NP:** Roast chicken* ***VE:** Beans* **Snack:** Yoghurt*Cookie ***Snack Dietary Alternatives:** DF, VE: Fruit salad HSGF, DF, EF, VE: Seasonal fruit*	**Roast Beef & Gravy** *Roast beef, mashed potato, mixed veggies, gravy with beef stock.* ***Dietary Alternatives:*** ***V, VE:** Roast tofu slices & vegetable gravy* ***H, NB:** Roast chicken & gravy with chicken stock* ***DF, VE:** DF mashed potato* **Snack:** Fruit ***Snack Dietary Alternatives:** None*	**Chicken Mayo Sandwich** *Wholemeal bread, chicken, mayo, mixed salad.* ***Dietary Alternatives:*** ***GF:** GF bread or roll* ***EF, VE:** Vegan mayo* ***V:** Egg mayo salad sandwich* ***VE:** Black bean burger with salad* **Snack:** Muffin*Fruit ***Snack Dietary Alternatives:** GF, DF, EF, VE: Corn chips*	**Mex Beans & Wedges** *Mexican style baked beans, capsicum, corn and kumara with agria potato wedges and cheese* ***Dietary Alternatives:*** ***DF, VE:** Vegan cheese* **Snack:** Muffin ***Snack Dietary Alternatives:** GF, DF, EF, VE: Popcorn*

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LUNCH BY LIBELLE

Term 3, 2021

TOTARA WEEK

13/09-17/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf, Mashed Potato & Vegetables *Savoury mince meatloaf, mashed potato and vegetables* ***Dietary Alternatives:*** ***V, NB:** Vegetable cottage pie* ***DF, VE:** Potato wedges* ***VE:** Savoury lentils* **Snack:** Cookie ***Snack Dietary Alternatives:** GF: Bliss Bites*	**Pizza Roll Up & Salad** *Wholemeal wrap, pizza sauce, cheese & pizza ham (baked) with salad.* ***Dietary Alternatives:*** ***V, VE:** Mushroom chickpea filling* ***H, NP:** Chicken filling* ***DF, VE:** Vegan cheese* ***GF:** GF tortilla* **Snack:** Fruity Yoghurt*Cookie ***Snack Dietary Alternatives:** VE, DF: Fruit salad or mixed nuts *Allergens.*	**Chicken Stew with Potato Wedges** *Chicken, corn and veggies stew with potato wedges.* ***Dietary Alternatives:*** ***V, VE:** Bliss beans and vegetable sauce* **Snack:** Pikolet ***Snack Dietary Alternatives:** GF: GF cracker or Weetbix* ***DF, EF, VE:** Cracker or Weetbix*	**Bacon Lettuce Sandwich** *Wholemeal bread, bacon, lettuce, tomato relish, cheese & mayo with potato salad.* ***Dietary Alternatives:*** ***GF:** GF bread* ***H, NP:** Sliced chicken* ***V, VE:** Black bean patty* ***DF, VE:** Vegan cheese* ***EF, VE:** Vegan mayo* ***DF, VE:** Corn & beans* **Snack:** Cookie ***Snack Dietary Alternatives:** GF, DF, EF, VE: Corn chips*	**Pasta & Meatballs** *White and wholemeal pasta, tomato based pasta sauce & meatballs, cheese and peas.* ***Dietary Alternatives:*** ***GF:** GF pasta* ***V, GF, DF, VE:** Hummus Dahmus Amazeballs* ***H, NB:** Lamb meatballs or Amazeballs* ***DF, VE:** Vegan cheese* **Snack:** Seasonal Fruit ***Snack Dietary Alternatives:** None*

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LUNCH BY LIBELLE

Term 3, 2021

PURIRI WEEK

20/09-24/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac & Cheese *White & wholemeal pasta, Libelle cauliflower cheese sauce, white beans & mixed veggies.* ***Dietary Alternatives:*** ***GF:** GF pasta* ***DF, VE:** Pumpkin ravioli (contains cashew) with tomato pasta sauce, vegan cheese* **Snack:** Seasonal Fruit ***Snack Dietary Alternatives:** None*	**Pork Taco** *Wholemeal wrap, pulled pork cheese, salad with corn, BBQ mayo* ***Dietary Alternatives:*** ***V, VE:** Mexican beans* ***GF:** GF wrap* ***DF, VE:** Vegan cheese* ***H, NP:** Roast chicken* **Snack:** Fruity Yoghurt *Pikelet ***Snack Dietary Alternatives:** GF, VE: Fruit salad or mixed nuts *GF, DF, EF, VE: Weetabix*	**Beef & Bean Nachos** *Mexican beans with beef, corn kernels & capsicum on corn chips topped with cheese, served hot* ***Dietary Alternatives:*** ***NB, H:** Shredded chicken* ***V, VE:** Mushroom chickpea magic mince* ***DF, VE:** Vegan cheese* **Snack:** Cookie ***Snack Dietary Alternatives:** GF, DF, EF, VE: Bliss Bites*	**Ham & Cheese Filled Roll** *Long roll, ham, cheese, mayo, lettuce* ***Dietary Alternatives:*** ***GF:** GF roll* ***V, EG:** mayo filled roll* ***VE:** Vegan cheese salad & chickpea corn patty roll* ***EF, VE:** Vegan mayo* **Snack:** Carrot & celery munch n' crunch sticks with dip *Seasonal fruit ***Snack Dietary Alternatives:** None*	**Butter Chicken & Rice** *A classic favourite.* ***Dietary Alternatives:*** ***V, VE:** Butter chickpeas & rice* **Snack:** Seasonal Fruit ***Snack Dietary Alternatives:** None*

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4 WEEK/20 DAY MENU CYCLE - UPDATED FORTNIGHTLY