

LUNCH
BY
LIBELLE

Term 3, 2022

PURIRI WEEK

15/08 - 19/08

MONDAY

Beef Stew & Mash

Beef pieces with mashed potato, mixed veggies and gravy.

Dietary Alternatives:
V, VE: Mushroom and grain super sausage. H, NB: Chicken. DF, VE: DF mashed potato. H, NB, DF, VE: Vegan gravy.

Snack: Chickpeas

Snack Dietary Alternatives:
None.

TUESDAY

Pizza

Wholemeal pizza base with pizza sauce, ham & cheese, served with carrot batons & corn chips.

Dietary Alternatives:
V, DF, VE: Falafel. GF: GF pizza base. DF, VE: Vegan cheese. H, NP, SF: Chicken.

Snack: Yoghurt
+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Butter Chicken

Butter chicken sauce with chicken, chickpeas & veggies served with brown rice.

Dietary Alternatives:
V, VE: Butter chickpeas with brown rice.

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.



THURSDAY

Cheese Burger

Wholemeal burger bun with beef pattie, cheese, salad & kumara rosti.

Dietary Alternatives:
V, GF, H, VE, SF: Black bean burger pattie. NB: Chicken pattie. GF, SF: GF SF Burger bun. EF, VE: Vegan mayo. DF, VE: Vegan cheese.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

FRIDAY

Pasta Bolognese

Wholemeal pasta with beef & lentil bolognese sauce served with carrots & cheese.

Dietary Alternatives:
V, NB, VE: Lentil Bolognese. GF: GF pasta. DF, VE: Vegan cheese.

Snack: Trail Mix

Snack Dietary Alternatives:
None.

Key: (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. (SF) Soy Free.

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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