

LUNCH
BY
LIBELLE

Term 3, 2022

TOTARA WEEK

08/08 - 12/08

MONDAY

Burger Bites, Baked Beans & Mash

Burger bites with baked beans,
mixed veggies & cheesy mash.

Dietary Alternatives:
V, VE: Mushroom super sausage.
GF, EF, NB, SF: Chicken, DF, VE:
DF mashed potato, SF: SF baked
beans.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

TUESDAY

Loaded Beef & Bean Wedges

Potato wedges with beef &
bean sauce and cheese.

Dietary Alternatives:
V, H, NB, VE: Mexican style beans.
DF, VE: Vegan cheese, SF: 4 bean
mix.

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Honey Soy Chicken

Honey soy glazed chicken and
veges with brown rice.

Dietary Alternatives:
V, VE: Tofu, H: Halal chicken.

Snack: Popcorn

Snack Dietary Alternatives:
None.

THURSDAY

Ham Sandwich

Wholemeal bread with ham,
cheese & salad with carrot
sticks.

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.

FRIDAY

Cheesy Chicken Pasta

Wholemeal pasta with cheese
sauce, chicken, cheese and
mixed veggies.

Dietary Alternatives:
V: Cannellini beans, GF: GF pasta,
DF, VE: Savoury lentil and tomato
sauce, 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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