

LUNCH
BY
LIBELLE



Term 4, 2022

TOTARA WEEK

28/11 - 02/12

MONDAY

Pork Stroganoff

Minced pork and mushrooms in a creamy sauce with mashed potato and peas.

Dietary Alternatives:

V, VE: Mushroom & grain super sausie. DF, H, NP: Chicken. DF, H, NP, V, VE: Vegan gravy.

Snack: Cassava Chips

Snack Dietary Alternatives:
Trail mix, chickpeas, or popcorn.

TUESDAY

Loaded Beef & Bean Wedges

Potato wedges with beef and bean sauce and cheese.

Dietary Alternatives:

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

Snack: Muffin

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

WEDNESDAY

Glazed Meatballs

Beef meatballs with sticky Asian glaze, mixed veggies and brown rice.

Dietary Alternatives:

V, VE: Tofu. GF, DF, H, NB, SF: Chicken. SF: Napoli sauce.

Snack: Popcorn

Snack Dietary Alternatives:
n/a



THURSDAY

Cheeseburger

Wholemeal burger bun with beef pattie, cheese, salad and 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: Yoghurt

+ Fruit for High Schools

Snack Dietary Alternatives:
Trail mix.

FRIDAY

Mac n Cheese

Wholemeal pasta with vegful cheese sauce, ham, mixed veggies, white beans, and cheese on top.

Dietary Alternatives:

V, H, NP, SF, VE: Canellini beans. GF: GF pasta. DF, VE: Savoury lentils sauce, vegan cheese.

Snack: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

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.

lunchbylibelle@libelle.co.nz

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www.lunchbylibelle.co.nz