

## TERM 3 PURIRI WEEK

### MONDAY July 26<sup>th</sup>:

**Standard Lunch: Pork Taco (Wholemeal wrap, pulled pork, cheese, Libelle coleslaw salad with corn, BBQ mayo optional)**

V, VE- Mexican Beans

GF – Gf wrap

DF – vegan cheese

H, NB – roast chicken

**Snack: Fruit Yoghurt (Pikelet <sup>HS</sup>)**

DF, VE – soy yoghurt

GF, DF, EF, VE<sup>HS</sup> - Bliss Bite <sup>HS</sup>

**LUNCH CONTAINS GLUTEN, SOY, DAIRY, EGG <sup>HS</sup>**

**Vegetarian Lunch: Mex beans Taco (wholemeal wrap, Mexican beans, cheese, coleslaw salad, corn) Snack: Fruit Yoghurt (Pikelet <sup>HS</sup>)**

**Gluten Free Lunch: Pork Taco (GF wrap, pulled pork, cheese, coleslaw salad with corn) Snack: Fruit Yoghurt (Bliss Bite <sup>HS</sup>)**

**Dairy Free Lunch: Pork Taco (Wholemeal wrap, pulled pork, vegan cheese, coleslaw salad with corn) Snack: Soy yoghurt (Bliss Bite <sup>HS</sup>)**

**Egg Free Lunch: Pork Taco (Wholemeal wrap, pulled pork, cheese, coleslaw salad with corn) Snack: Yoghurt (Bliss Bite <sup>HS</sup>)**

**Halal, No Pork Lunch: Chicken Taco (GF wrap, shredded chicken, cheese, coleslaw salad with corn) Snack: Fruit Yoghurt (Pikelet <sup>HS</sup>)**

**Vegan Lunch: Mex beans Taco (wholemeal wrap, Mexican beans, vegan cheese, coleslaw salad, corn) Snack: Soy Yoghurt (Bliss Bite <sup>HS</sup>)**

**Farras Wraps** Ingredients: Wholemeal Wheat Flour (27%) (Wheat Flour, Wheat Bran, Wheat Germ), Wheat Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

**Cottage Lane GF Wraps** Ingredients: Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), soy protein concentrate, rice flour, vegetable gums (464, 466, 415), soy flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

**Leader Pulled Pork**

Ingredients: Pork (78%), Water, Soy Protein, Mineral Salt (451, 452), Thickeners (1442, 407, 415), Emulsifier (471), Spice Extract (160c), Yeast Extract, Emulsifier (451), Acidity Regulators (262), Sugar, Maltodextrin, Tapioca Starch, Anti-caking agent (551), Flavours. May be present: Gluten **Contains: Soy, Sulphites**

**Hellers Pulled Pork BBQ**

Ingredients: Pork (49%), BBQ Sauce (Tomato Pulp, Sugar, Maltodextrin, White Vinegar, vegetable Powder, Yeast extract, Hydrolysed Vegetable Protein (maize), TI Regulators (326, 262), Salt, Maltodextrin, Mineral Salt (451,450), Hydrolysed Yeast Extract, Spice Extract, Preservative (223), Flavouring, Vegetable Oil **Contains: Sulphites**

**Tegel Shredded Chicken Classic Roast** Ingredients: Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d), spice extracts **Contains: Sulphites**

**Watties Bean There Mex Beans**

Ingredients: Mexican Style Sauce (55%) (Tomatoes<sup>1</sup>, Onion, Red Peppers, Sugar, Jalapeno Peppers, Salt, Maize Thickener (1422), Spices, Red Chillies, Natural Flavour, Food Acid (Citric Acid), Mineral Salt (Calcium Chloride)), Navy Beans (45%)

**Loft Smoky BBQ Mayo**

Ingredients: Cold Pressed Rapeseed oil, water, raw sugar, vinegar, tomato paste (2%), salt, molasses, corn starch, mustard, thickener (modified corn starch, modified starch, Xanthum gum), glucose, smoke powder, mustard, vinegar powder, chipotle pepper, garlic, paprika, natural colour (beta carotene), cloves, white pepper

**Yoghurt (Fresh n Fruity)**

Ingredients: Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%)), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202). **Contains: Milk.**

**Pikelets (Marcel's)**

Ingredients: Water, Wheat Flour, Buttermilk Powder, Dextrin, Canola Oil, Raising Agents (500, 541), Whole Egg Powder, Emulsifiers (322 (Soy), 471), Salt, Preservatives (202, 234), Vanilla Flavour Claims Vegetarian, Made with Buttermilk, Source of Fibre, No Added Sugar **Contains: cereals containing gluten (wheat), soy, egg and milk**

**Cranberry Coconut Blissbites (Mrs Higgins)**

Ingredients: Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative** Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

### TUESDAY July 27<sup>th</sup>:

**Standard Lunch: Mac Cheese with Cauliflower (White and Wholemeal Pasta elbows, Libelle Cauliflower Cheese Sauce, white beans, mixed veggies)**

GF – GF pasta

**Snack: Seasonal Fruit**

**LUNCH CONTAINS GLUTEN, DAIRY**

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**Gluten Free Lunch:** Mac Cheese with Cauliflower (*GF Pasta elbows, Libelle Cauliflower Cheese Sauce, white beans, mixed veggies*)

**Snack:** Seasonal Fruit

**Dairy Free Lunch:** Pumpkin Ravioli with vegful tomato sauce, vegan cheese & mixed veggies) **Snack:** Seasonal Fruit

**Vegan Lunch:** Pumpkin Ravioli with vegful tomato sauce, vegan cheese & mixed veggies) **Snack:** Seasonal Fruit

**Nutrifare Cheese Sauce**

Ingredients: Water, Cauliflower 26.3%, Onion 22.0%, Cheese 14.1% (Milk, Cream, Salt, Vegetable Gum (410), Starter Culture, Coagulating Enzyme, Starch, Cellulose, Preservative (200)), Whole Milk Powder (Milk), Thickener (1422), Canola Oil, Salt Fine, Pepper, Garlic Dehydrated. *Contains dairy*

**Pasta Vera Pumpkin & Ricotta Ravioli**

Ingredients: Water, Pumpkin, Durum Semolina Flour, Flour, Cashews, Sundried Tomato, Spinach Powder, Organic Hemp Seed Protein, Basil, Salt, Yeast Flakes, Lemon Juice, Garlic, White pepper

**Pams Pasta Sauce**

Ingredients: Chopped Tomatoes (63%), Tomato Paste (31%), Sugar, Onion, Garlic, Basil, Oregano, Thickener (1422), Black Pepper, Acid Regulator (330), Salt

## WEDNESDAY July 28<sup>th</sup>:

**Standard Lunch:** Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

V, VE – FN Mexican corn magic mince

H, NB – shredded chicken

DF, VE – vegan cheese

**Snack:** cookie

GF, DF, EF, VE – Bliss bites

**LUNCH CONTAINS GLUTEN, DAIRY, EGG**

**Vegetarian Lunch:** Mexican Bean Nachos (Mexican beans with Food Nation *mexican corn magic mince*, capsicum and kumara, cheese and corn chips) **Snack:** cookie

**Gluten Free Lunch:** Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

**Snack:** Bliss bites

**Dairy Free Lunch:** Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, *vegan cheese* and corn chips)

**Snack:** Bliss bites

**Egg Free Lunch:** Beef and Bean Nachos (Mexican beans with corn, capsicum and kumara, beef, cheese and corn chips)

**Snack:** Bliss bites

**Halal, No Beef Lunch:** Chicken and Bean Nachos (Mexican beans with corn, capsicum and kumara, *chicken*, cheese and corn chips)

**Snack:** cookie

**Vegan Lunch:** Mexican Bean Nachos (Mexican beans with Food Nation *mexican corn magic mince*, capsicum and kumara, *vegan cheese* and corn chips) **Snack:** Bliss bites

**Source & Supply Pulled Beef**

Ingredients: NZ Beef (95%), Water, Potato starch, Salt

**Craigs Chilli Beans**

Ingredients: Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Spice & Herb Blend including Chilli (Contains Traces of Wheat & Sesame), Food Acid (Acetic Acid)], Red Kidney Beans (Contain Traces of Soy) (47%) *May contain traces of soy and sesame* *Contains: Soy, Sulphites*

**Romiro's Corn Chips Natural**

Ingredients: Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative**

Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) *Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free*

**Gingernut Cookies (Mrs Higgins)**

Ingredients: Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg, Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt *Contains: gluten/wheat, soy, egg*

**Cranberry Coconut Blissbites (Mrs Higgins)**

Ingredients: Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour *May be present: Tree Nuts*

## THURSDAY July 29<sup>th</sup>:

**Standard Lunch:** Ham and Cheese Filled Roll (long roll, ham, cheese, mayo, lettuce, corn patty<sup>HS</sup>)

V – egg mayo

GF – GF roll

H, NP – Sliced chicken

VE – chickpea & corn patty

**Snack:** Veggie Sticks and Dip, Seasonal Fruit<sup>HS</sup>

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**LUNCH CONTAINS GLUTEN, SOY, DAIRY, EGG**

**Vegetarian Lunch:** *Egg Salad Roll* (long roll, *egg mayo*, lettuce, corn patty<sup>HS</sup>) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>  
**Gluten Free Lunch:** Ham and Cheese Filled Roll (*GF roll*, ham, cheese, mayo, lettuce, corn patty<sup>HS</sup>) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>  
**Dairy Free Lunch:** Ham and Cheese Filled Roll (long roll, ham, *vegan cheese*, mayo, lettuce, corn patty<sup>HS</sup>) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>  
**Egg Free Lunch:** Ham and Cheese Filled Roll (long roll, ham, cheese, *vegan mayo*, lettuce, corn patty<sup>HS</sup>) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>  
**Halal, No Pork Lunch:** *Chicken* and Cheese Filled Roll (long roll, *sliced chicken*, cheese, mayo, lettuce, corn patty<sup>HS</sup>) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>  
**Vegan Lunch:** Chickpea & Corn Patty & Salad Roll (long roll, *chickpea and corn patty*, *vegan mayo*, lettuce) **Snack:** Veggie Sticks and Dip Seasonal Fruit<sup>HS</sup>

**TipTop Supersoft Rolls**

**Ingredients:** Wheat Flour, Water, Oats (13%), Wheat Gluten, Sugar, Canola Oil, Iodised Salt, Baker's Yeast, Emulsifiers (481, 472e, 471), Preservatives (282), Soy Flour, Barley Malt Flour, Vegetable Gum (415), Wheat Starch, Vitamins (Niacin, Thiamin, Riboflavin) May be present: Sesame Seeds and Milk,

*Contains: Gluten Cereals and Soy*

**Allergy Wise GF White Rolls**

**Ingredients:** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)

**Hellers 4x4 ham**

**Ingredients:** Pork (57%), Water, Potato Starch, Soy Protein, Acidity Regulators (326,262), Sugar, Salt, Thickeners (1442,407a,508), Mineral Salts (451,452), Dextrose, Antioxidant (316), Rice Flour, Smoke Flavour, Preservative (250).

*Contains:Soy*

**Hellmanns Deli Mayo**

**Ingredients:** Water, soybean oil, sugar, thickener (1442), vinegar, iodised salt, egg yolk, acidity regulator (270), preservatives (02, 415), natural mustard flavour, stabiliser (415), colour (160a)

*Contains soybean and egg*

**Hellmann's Vegan Mayonnaise**

**Ingredients:** Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

**FRIDAY July 30<sup>th</sup>:**

**Standard Lunch:** *Butter Chicken & Rice* (Chicken, chickpeas, seasonal veg, butter chicken sauce, mixed white and brown rice)

V, VE – chickpeas

**Snack:** Seasonal Fruit

**Vegetarian Lunch:** *Butter Chickpeas on Rice* (chickpeas, seasonal veg, butter chicken sauce, rice)

**Snack:** Seasonal Fruit

**Vegan Lunch:** *Butter Chickpeas on Rice* (chickpeas, seasonal veg, butter chicken sauce, rice)

**Snack:** Seasonal Fruit

**Loft Butter Chicken Sauce**

**Ingredients:** Tomato (50%), Water, Cold Pressed Rapeseed Oil, Coconut Cream, Onion, Thickener (Modified Starch, Modified Corn Starch, Xanthan Gum), Spices, Tomato Paste, Tamarind, Ginger, Raw Sugar, Salt, Yeast Extract, Garlic, Vinegar Powder, Acidity Regulator (Lactic Acid), Lemon Juice Concentrate Dairy free; Gluten free; Refined sugar free

**Tegel Shredded Chicken Classic Roast**

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d), spice extracts

*Contains: Sulphites*

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