

LUNCH  
BY  
LIBELLE 

Term 3, 2021

# TOTARA WEEK

02/08-06/08

## MONDAY

### Cottage Pie

*Savoury mince with veggies and mashed potato.*

**Dietary Alternatives:**

V, NB: Vegetable cottage pie  
DF, VE: Savoury lentils and mash

**Snack: Cookie**

**Snack Dietary Alternatives:**  
GF, EF, VE: Bliss bites



## TUESDAY

### Pizza Roll Up & Salad

*Wholemeal wrap, pizza sauce, cheese, pizza ham with salad.*

**Dietary Alternatives:**

V, VE: FN mushroom & chickpea magic mince  
GF: GF wrap  
DF, VE: Vegan cheese  
H, NB: Roast chicken

**Snack: Fruity  
Yoghurt\*Cookie**

**Snack Dietary Alternatives:**  
DF, VE: Soy yoghurt  
\*GF, DF, EF, VE: Bliss bites

## WEDNESDAY

### Chicken and Corn Hotpot with Mini Bun

*Chicken, seasonal vegetables and corn in a kumara & chicken broth base.*

**Dietary Alternatives:**

GF: GF bun  
DF: DF soup base  
V, VE: White beans and V broth

**Snack: Pikelet**

**Snack Dietary Alternatives:**  
GF: Rice crackers  
DF, EF, VE: Crackers

## THURSDAY

### Bacon Lettuce Sandwich

*Wholemeal bread, bacon, cheese, tomato relish, mayo, lettuce, potato salad.*

**Dietary Alternatives:**

GF: GF bread or roll  
H, NP: Chicken rashers  
DF, VE: Corn & bean salad  
EF, VE: Vegan mayo  
V, VE: Black bean patty

**Snack: Cookie\*Fruit**

**Snack Dietary Alternatives:**  
GF, DF, EF, VE: Corn chips

## FRIDAY

### Pasta & Meatballs

*White and wholegrain pasta, vegful tomato sauce, meatballs, cheese, peas.*

**Dietary Alternatives:**

V, VE: FN amazeballs  
GF: GF pasta  
GF, H, NB, DF: FN amazeballs

**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.