

LUNCH  
BY  
LIBELLE 

Term 1, 2021

# KAURI WEEK

01/03-05/03

## MONDAY

### Beef Taco

*Beef bites, lettuce, rainbow slaw, mayonnaise and tomato salsa in a wholemeal tortilla wrap*

**Snack:** Natural corn chips

**V, GF, DF:** Cauliflower bites  
**GF:** GF tortilla

## TUESDAY

### Katsu Chicken Salad

*A crispy chicken tender, lettuce, rainbow slaw, cucumber, mayonnaise and katsu sauce*

**Snack:** Cassava chips

**V, GF, DF:** Cauliflower schnitzel

## WEDNESDAY

### BCLT Sandwich

*Bacon, cheese, lettuce, mayonnaise and tomato relish in between slices of Oatlicious bread*

**Snack:** Fresh apple

**V:** Tofu slices  
**GF:** GF bread  
**DF:** No cheese

## THURSDAY

### Ham and Salad Filled Roll

*Ham, lettuce, grated carrot, cheese and mayonnaise in an Oatlicious long roll*

**Snack:** Pear

**V:** Peking BBQ tofu slices  
**GF:** GF bread  
**DF:** No cheese

## FRIDAY

### Chicken Satay Wrap<sup>(DF)</sup>

*Shredded chicken, lettuce, grated carrot, cucumber, mayonnaise and mild no-nut satay sauce in a wholemeal wrap*

**Snack:** Fresh apple

**V:** Crumbled falafel  
**GF:** GF tortilla



V-Vegetarian. GF-Gluten Free. DF-Dairy Free. H-Halal. Meals will be prepared to cater for children with specific allergies or cultural requirements. If you need gluten free, vegetarian or dairy free 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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Term 2, 2021

# KAURI WEEK

03/05-07/05

## MONDAY

### Pasta & Meatballs<sup>(EF)</sup>

*Dietary Alternatives:*  
Gluten free pasta (GF), kumara & quinoa amazeballs (GF,DF,V,VE),  
vegan cheese (DF,VE)

#### Snack: Yoghurt

*Snack Dietary Alternatives:*  
Fruit salad cup (DF,VE)



## TUESDAY

### Chicken Salad Wrap

*Dietary Alternatives:*  
Gluten free tortilla (GF), roast shredded chicken (GF,DF,Halal),  
smashed chickpeas (V,VE), vegan cheese (DF,VE)

#### Snack: Corn chips, carrot sticks\*fruit

*Snack Dietary Alternatives:*  
None

## WEDNESDAY

### Nachos

*Dietary Alternatives:*  
Chilli bean mix (V,VE), vegan cheese (DF,VE)

#### Snack: ANZAC cookie

*Snack Dietary Alternatives:*  
Kea cookie (GF,VE)



## THURSDAY

### Cheese Salad Sandwich and Corn Patty

*Dietary Alternatives:*  
Gluten free bread (GF),  
vegan cheese (DF,VE), vegan mayonnaise (EF,VE)

#### Snack: Seasonal fruit or apple spice muffin

*Snack Dietary Alternatives:*  
If muffin is served – kea cookie (GF,DF,EF,VE)

## FRIDAY

### Pork Noodles

*Dietary Alternatives:*  
Vegetable stock (V,Halal,VE)

#### Snack: Seasonal fruit or apple spice muffin

*Snack Dietary Alternatives:*  
If muffin is served – kea cookie (GF,DF,EF,VE)

**Key:** (V) Vegetarian. (GF) Gluten Free. (DF) Dairy Free. (EF) Egg Free. (H) Halal. (NB) No Beef. (NP) No Pork. \*Senior students additional item.

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# NIKAU WEEK

10/05-14/05

## MONDAY

### Macaroni Cheese

*Dietary Alternatives:*  
GF pasta (GF), tomato sauce (pasta) (DF,VE)

#### Snack: Yoghurt

*Snack Dietary Alternatives:*  
Fruit salad cup (DF,VE)



## TUESDAY

### Beef Wrap

*Dietary Alternatives:*  
Refried black beans (V,H,NB,VE),  
GF tortilla (GF)

#### Snack: Pretzels, carrot & celery sticks

*Snack Dietary Alternatives:*  
Corn chips (GF)



## WEDNESDAY

### Pasta Power Bowl

*Dietary Alternatives:*  
GF pasta spirals (GF), vegan mayo (EF,VE)

#### Snack: Coconut bliss bites

*Snack Dietary Alternatives:*  
None

## THURSDAY

### Chicken & Slaw Filled Roll

*Dietary Alternatives:*  
GF roll (GF), vegan cheese (DF,VE), cheese (V)

#### Snack: Fruit salad cup or vanilla cake\* kumara rosti

*Snack Dietary Alternatives:*  
Alternative for cake – GF coconut cookie

## FRIDAY

### Butter Chicken and Rice

*Dietary Alternatives:*  
Chickpeas (V,VE), DF butter chicken sauce (DF,VE)

#### Snack: Fruit salad cup or vanilla cake

*Snack Dietary Alternatives:*  
Alternative for cake – GF coconut cookie



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