


LUNCH  
BY  
LIBELLE 

Term 3, 2022

# NIKAU WEEK

26/09 - 30/09

## MONDAY

**Public Holiday**



## TUESDAY

**Cottage Pie**

*Beef mince with veggies and lentils topped with mashed potato & served with mixed veggies.*

**Dietary Alternatives:**  
V, NB, VE: Gardeners pie with beans, lentils & veggies. DF, VE: DF mashed potato.

**Snack: Chickpeas**

**Snack Dietary Alternatives:**  
None.

## WEDNESDAY

**Butter Chicken**

*Butter chicken sauce with chicken, chickpeas and veggies served with brown rice.*

**Dietary Alternatives:**  
V, VE: Butter chickpeas with brown rice.

**Snack: Muffin**

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

## 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: Cookie**

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

## FRIDAY

**Pasta Meatballs**

*Wholemeal pasta with napoli style vegful tomato sauce and meatballs with cheese and peas.*

**Dietary Alternatives:**  
V, GF, DF, H, NB, VE, SF: Beetroot, quinoa amazeballs. GF: GF pasta. DF, VE: Vegan cheese.

**Snack: Cassava Chips**

**Snack Dietary Alternatives:**  
Trail mix 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.

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