

LUNCH
BY
LIBELLE 

Term 4, 2022

NIKAU WEEK

24/10 - 28/10

MONDAY

Public Holiday



TUESDAY

Cottage Pie

Savoury 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: Cassava Chips

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

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: Cookie

Snack Dietary Alternatives:
Trail mix, chickpeas or popcorn.

THURSDAY

Sandwich Meal

Wholemeal bread with ham, cheese and salad. Served with carrot sticks and yoghurt.

Dietary Alternatives:
gf - gf bread | v - cheese salad sandwich and falafel | h, np, sf - chicken salad sandwich | ve - hummus salad sandwich | sf - sf bread | ef, ve - vegan mayo.

Snack: Yoghurt + Years 9 to 13: Seasonal Fruit

Snack Dietary Alternatives:
Trail mix.

FRIDAY

Pasta Meatballs

Wholemeal pasta with 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: Popcorn

Snack Dietary Alternatives:
None.

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.