

LUNCH BY LIBELLE 

NIKAU WEEK

Autumn 2023

13/03/23 - 17/03/23

Standard Menu

TERIYAKI CHICKEN

Chicken with teriyaki sauce, brown or white rice and veggies

MONDAY

PIZZA ROLL UP

Baked wrap with pizza sauce, ham* & cheese with carrot sticks, corn chips, & a hidden veggie brownie

TUESDAY

PASTA BOLOGNESE

Pasta with beef and hidden veggie sauce

WEDNESDAY

HAM CHEESE SANDWICH

Oatilicious bread or roll with ham*, cheese & salad, with yoghurt (+ fruit for High Schools)

THURSDAY

CHILLI CON CARNE

Beef & bean sauce with rice, veggies & sour cream

FRIDAY

Halal Menu

*Our halal menu is as above, excluding the below changes.

PIZZA ROLL UP

Baked wrap with pizza sauce, super sausie & cheese with carrot sticks, corn chips, & a hidden veggie brownie

TUESDAY

CHICKEN SANDWICH

Oatilicious bread with chicken & salad, served with yoghurt (+ fruit for High Schools)

THURSDAY

www.lunchbylibelle.co.nz

lunchbylibelle@libelle.co.nz

facebook.com/lunchbylibelle

Vegetarian

TERIYAKI TOFU **MON**

Tofu with teriyaki sauce, brown or white rice and veggies

PIZZA ROLL UP **TUE**

Baked pizza wrap, mushroom+grain super sausage & cheese. Carrot, corn chips, hidden veggie brownie

PASTA BOLOGNESE **WED**

Pasta with lentils and hidden veggie sauce

FALAFEL SANDWICH **THU**

Oatlicious bread or roll with falafel, cheese & salad, with yoghurt (+ fruit for High Schools)

CHILLI CON CARNE **FRI**

Bean sauce with rice, veggies & sour cream

Vegan Friendly

TERIYAKI TOFU **MON**

Tofu with teriyaki sauce, brown or white rice and veggies

PIZZA ROLL UP **TUE**

Baked pizza wrap, mushroom & grain super sausage & vegan cheese. Carrot sticks, corn chips, V cookie

PASTA BOLOGNESE **WED**

Pasta with lentils, hidden veggie sauce & vegan cheese

FALAFEL SANDWICH **THU**

Oatlicious bread with falafel, hummus & salad, served with fruit

CHILLI CON CARNE **FRI**

Bean sauce with rice, vegan cheese & corn chips

Gluten Friendly

TERIYAKI CHICKEN **MON**

Chicken with teriyaki sauce, brown or white rice and veggies

PIZZA ROLL UP **TUE**

Baked GF pizza wrap, mushroom+grain super sausage, cheese. Carrot sticks, corn chips, GF cookie

PASTA BOLOGNESE **WED**

GF pasta with beef and hidden veggie sauce

HAM CHEESE SANDWICH **THU**

GF bread with ham, cheese & salad, with yoghurt (+ fruit for High Schools)

CHILLI CON CARNE **FRI**

Beef & bean sauce with rice, veggies & sour cream

Dairy Friendly

TERIYAKI CHICKEN **MON**

Chicken with teriyaki sauce, brown or white rice and veggies

PIZZA ROLL UP **TUE**

Baked pizza wrap, mushroom grain super sausage, vegan cheese. Carrot sticks, corn chips, DF cookie

PASTA BOLOGNESE **WED**

GF pasta with beef and hidden veggie sauce & vegan cheese

FALAFEL SANDWICH **THU**

Oatlicious bread or roll with falafel, cheese & salad, with yoghurt (+ fruit for High Schools)

CHILLI CON CARNE **FRI**

Beef & bean sauce with rice, vegan cheese & corn chips

Please visit our website for more information. 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.

LUNCH BY LIBELLE

KAURI WEEK

Autumn 2023

20/03/23 - 24/03/23

Standard Menu

MAC N CHEESE

Pasta with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top

MONDAY

HAM SALAD WRAP

Ham, cheese & salad filled fresh wrap with ranch dressing, with yoghurt (+ fruit for high schoolers)

TUESDAY

COCONUT CURRY & RICE

Coconut curry sauce with chicken & veggies, served with rice & roti wrap.

WEDNESDAY

CHEESE BURGER

Burger bun with beef pattie, cheese, salad & ketchup, with a pineapple crush slice.

THURSDAY

PASTA MEATBALLS

Pasta with vegful tomato sauce, meatballs, cheese & peas

FRIDAY

Halal Menu

MAC N CHEESE

MON

Pasta with vegful cheese sauce, mixed veggies, white beans and cheese on top

CHEESE BURGER

THU

Plant based burger, cheese, salad & sauce. Served with a pineapple crush slice

SALAD WRAP

TUE

Chicken, cheese & salad filled fresh wrap, ranch dressing & Yoghurt (+ fruit for high schoolers)

HAM SALAD WRAP

FRI

Plant based amazeballs, vegful tomato sauce & cheese

COCONUT CURRY

WED

Coconut curry sauce with chicken & veggies, served with rice & roti wrap.

TURN OVER FOR THE REST OF
OUR DIETARY ALTERNATIVES

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Vegetarian

CHEESY PASTA **MON**

Pasta with vegful cheese sauce, mixed veggies, white beans and cheese on top

SALAD WRAP **TUE**

Cheese, falafel & salad filled fresh wrap with ranch dressing. Served with yoghurt (& fruit for years 9+)

COCONUT CURRY **WED**

Coconut curry sauce with chickpeas & veggies, served with rice & roti wrap.

PLANT BASED BURGER **THU**

Plant based burger, cheese, salad & ketchup with pineapple crush slice.

PASTA AMAZEBALLS **FRI**

Plant based amazeballs, vegful tomato sauce & cheese

Vegan Friendly

VEGAN 'CHEESY' PASTA **MON**

Pasta with lentils & hidden veggie sauce & vegan cheese

SALAD WRAP **TUE**

Falafel salad wrap with ranch dressing & fruit

COCONUT CURRY **WED**

Coconut curry sauce with chickpeas & veggies, served with rice & roti wrap.

PLANT BASED BURGER **THU**

Plant based burger, vegan cheese, salad & sauce with pineapple crush slice.

PASTA AMAZEBALLS **FRI**

Plant based amazeballs, vegful tomato sauce & vegan cheese

Gluten Friendly

MAC N CHEESE **MON**

GF pasta with vegful cheese sauce, ham, mixed veggies, white beans and cheese on top

HAM SALAD WRAP **TUE**

Cheese, ham & salad filled GF wrap with ranch dressing. Served with yoghurt (& fruit for years 9+)

COCONUT CURRY **WED**

Coconut curry sauce with chicken & veggies, served with rice & GF roti wrap.

CHEESE BURGER **THU**

GF burger bun, GF plant based pattie, cheese, salad & ketchup with GF cookie.

PASTA AMAZEBALLS **FRI**

GF pasta with vegful tomato sauce, plant based amazeballs & cheese

Dairy Friendly

PASTA BOLOGNESE **MON**

Pasta with beef & hidden veggies sauce

HAM SALAD WRAP **TUE**

Ham & salad filled fresh wrap with ranch dressing. Served with fruit

COCONUT CURRY **WED**

Coconut curry sauce with chicken and veggies, served with rice & a roti wrap

CHEESE BURGER **THU**

Burger bun with beef pattie, DF cheese, salad & sauce. Served with a pineapple crush slice

PASTA AMAZEBALLS **FRI**

Plant based amazeballs, vegful tomato sauce & vegan cheese

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