

LUNCH BY LIBELLE 

# KAURI WEEK

Autumn 2023

01/05/23 - 05/05-23

## Standard Menu

### MAC N CHEESE

Pasta with vegful cheese sauce, ham, mixed veggies, white beans

MONDAY

### HAM SALAD WRAP

Ham, cheese & salad filled fresh wrap with ranch dressing, with yoghurt

TUESDAY

### COCONUT CURRY & RICE

Chicken & veggies cooked in mildly spiced yellow curry sauce. Served with rice & roti wrap

WEDNESDAY

### CHEESE BURGER

Beef patty, cheese, sauce & salad in a wholemeal bun. Served with carrot sticks and slice

THURSDAY

### PASTA MEATBALLS

Beef meatballs with vegful tomato sauce, cheese sauce & pasta

FRIDAY

## Halal Menu

### MAC N CHEESE

Pasta with vegful cheese sauce, mixed veggies, white beans

MON

### VEGGIE BURGER

Plant based burger, cheese, salad & sauce in a wholemeal bun + carrot sticks & slice

THU

### CHICKEN SALAD WRAP

Chicken, cheese & salad filled fresh wrap, ranch dressing. Served with yoghurt or fruit

TUE

### PASTA AMAZEBALLS

Plant based amazeballs with vegful tomato sauce and pasta

FRI

### COCONUT CURRY

Chicken pieces cooked in mildly spiced yellow curry sauce with veggies on rice + roti wrap

WED

TURN OVER FOR THE REST OF  
OUR DIETARY ALTERNATIVES

## Vegetarian

### MAC N CHEESE

MON

Pasta with vegful cheese sauce, mixed veggies, white beans

### SALAD WRAP

TUE

Cheese, falafel & salad filled fresh wrap with ranch dressing. Served with yoghurt & fruit

### COCONUT CURRY

WED

Chickpeas cooked in mildly spiced yellow curry sauce with veggies & rice. Served with a roti wrap

### PLANT BASED BURGER

THU

Plant based burger, cheese, salad & sauce in a wholemeal bun. Served with carrot sticks & slice

### PASTA AMAZEBALLS

FRI

Plant based amazeballs, vegful tomato sauce & pasta

## Vegan Friendly

### LENTIL BOLOGNESE

MON

Pasta with lentil & hidden veggies sauce with veg-an cheese

### FALAFEL SALAD WRAP

TUE

Falafel salad wrap with ranch dressing. Served with fruit

### COCONUT CURRY

WED

Chickpeas cooked in mildly spiced yellow curry sauce with veggies on rice + a roti wrap

### VEGGIE BURGER

THU

Plant based burger, salad & sauce in a wholemeal bun. Served with carrot sticks & a slice

### PASTA AMAZEBALLS

FRI

Plant based amazeballs, vegful tomato sauce & vegan cheese on pasta

## Gluten Friendly

### MAC N CHEESE

MON

GF pasta with vegful cheese sauce, ham, mixed veggies & white beans

### HAM SALAD WRAP

TUE

Cheese, ham & salad filled GF wrap with ranch dressing. Served with yoghurt

### COCONUT CURRY

WED

Chicken pieces cooked in mildly spiced yellow curry sauce with veggies on rice + a GF roti wrap

### GF VEGGIE BURGER

THU

Plant based burger, cheese, salad & sauce in a GF bun. Served with carrot sticks & GF cookie

### PASTA AMAZEBALLS

FRI

Plant based amazeballs, vegful tomato sauce & GF pasta

## Dairy Friendly

### PASTA BOLOGNESE

MON

Pasta with beef, hidden veggies sauce & topped with vegan cheese

### HAM SALAD WRAP

TUE

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

### COCONUT CURRY

WED

Chicken pieces cooked in mildly spiced yellow curry sauce with veggies on rice + roti wrap

### BEEF BURGER

THU

Wholemeal bun with beef pattie, salad & sauce. Served with carrot sticks & slice

### PASTA AMAZEBALLS

FRI

Plant based amazeballs, vegful tomato sauce & vegan cheese on pasta

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

# NIKAU WEEK

Autumn 2023

24/04/23 - 28/04/23

## Standard Menu

### MEXICAN CON CARNE

Mild Mexican flavoured beef and bean sauce with rice & cheese sauce. Served with corn chips

MONDAY

### ANZAC DAY

Public holiday (no school)

TUESDAY

### PASTA BOLOGNESE

Pasta with beef and hidden veggie sauce, served with a garlic bun

WEDNESDAY

### HAM & CHEESE SANDWICH

Oatlicious bread or roll with ham, cheese & salad, with yoghurt and corn chips

THURSDAY

### TERIYAKI CHICKEN

Chicken with sticky soy sauce, rice and veggies

FRIDAY

## Halal Menu

### MEXICAN CON CARNE

MON

Mild Mexican flavoured beef and bean sauce with rice & cheese sauce. Served with corn chips

### CHICKEN SANDWICH

THU

Oatlicious bread with chicken and salad. Served with corn chips & fruit or yoghurt

### ANZAC DAY

TUE

Public holiday (no school)

### TERIYAKI CHICKEN

FRI

Chicken with sticky soy sauce, rice and veggies

### PASTA BOLOGNESE

WED

Pasta with beef & hidden veggies sauce. Served with a garlic bun

TURN OVER FOR THE REST OF  
OUR DIETARY ALTERNATIVES

## Vegetarian

### MEXICAN CON CARNE MON

Mild Mexican flavoured bean sauce with rice & cheese sauce. Served with corn chips

### ANZAC DAY TUE

Public holiday (no school)

### PASTA BOLOGNESE WED

Pasta with lentils and hidden veggie sauce. Served with a garlic bun

### FALAFEL SANDWICH THU

Oatlicious bread with falafel, cheese & salad. Served with corn chips & fruit or yoghurt

### TERIYAKI TOFU FRI

Tofu pieces with sticky soy sauce, rice & veggies

## Vegan Friendly

### MEXICAN CON CARNE MON

Mild Mexican flavoured bean sauce with rice & cheese sauce. Served with corn chips

### ANZAC DAY TUE

Public holiday (no school)

### PASTA BOLOGNESE WED

Pasta with lentils, hidden veggie sauce & vegan cheese. Served with a garlic bun

### FALAFEL SANDWICH THU

Oatlicious bread with hummus, salad & falafel. Served with carrot sticks, corn chips & fruit

### TERIYAKI TOFU FRI

Tofu pieces with sticky soy sauce, rice & veggies

## Gluten Friendly

### MEXICAN CON CARNE MON

Mild Mexican flavoured beef & bean sauce with rice & cheese sauce. Served with corn chips

### ANZAC DAY TUE

Public holiday (no school)

### PASTA BOLOGNESE WED

GF pasta with beef and hidden veggie sauce. Served with a GF roll

### HAM CHEESE SANDWICH THU

GF bread with ham, cheese & salad. Served with corn chips & fruit or yoghurt

### TERIYAKI CHICKEN FRI

Chicken pieces with sticky soy sauce, rice & veggies

## Dairy Friendly

### MEXICAN CON CARNE MON

Mild Mexican flavoured beef & bean sauce with rice. Served with corn chips

### ANZAC DAY TUE

Public holiday (no school)

### PASTA BOLOGNESE WED

Pasta with beef and hidden veggie sauce. Served with a garlic bun

### FALAFEL HAM SANDWICH THU

Oatlicious bread with ham, falafel & salad. Served with corn chips & fruit

### TERIYAKI CHICKEN FRI

Chicken pieces with sticky soy sauce, rice & veggies

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