

LUNCH BY LIBELLE.

Lunch by Libelle is the name of Libelle Group's service as part of the Ka Ora, Ka Ako programme. This programme has been designed by applying over 15 years of experience feeding hungry learners within New Zealand's schools.

MENU

The Lunch by Libelle menu is based on diversity and what our customers and end users are telling us they want and need. Cultural, dietary, religious and individual allergy requirements are prerequisites in the Lunch by Libelle menu development and in the assembly of all of our meals.

The menu features a 4 week cycle that offers variety and a range of nutrients, based around regular repetition of our signature favourite meals. We find that our students look forward to favourite meal days, but don't have them so regularly that they grow tired of having them. This is also a great way for us to offer seasonal vegetable choices within a meal that they already know and like.

We see our menu as an important part of our food education programme by balancing food needs with the ability to learn to like a wider variety of foods.

Each lunch is carefully crafted to provide one quarter of a student's daily minimum nutrition requirements, based on Ministry of Health Guidelines. Our lunches are well balanced with appropriate amounts of protein, dairy, wholegrains, fruit and vegetables. Each meal is approved prior to service by the Ministry of Education's Ka Ora, Ka Ako nutritionists and our meals across the country undergo meal assessments by internal Libelle audits and by Ministry of Education representatives.

Term 3, 2021
PURIRI WEEK
20/09-24/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mac & Cheese</p> <p>White & wholemeal pasta, Libelle cauliflower cheese sauce, white beans & mixed veggie.</p> <p>Dietary Alternatives: V, VE: Mexican GF: GF pasta DF, VE: Pamplate (could contain cashew) with tomato pasta sauce, vegan cheese</p> <p>Snack: Seasonal Fruit</p> <p>Snack Dietary Alternatives: None</p>	<p>Pork Taco</p> <p>Wholemeal wrap, pulled pork, cheese, saled with corn, BBQ mayo.</p> <p>Dietary Alternatives: V, VE: Mexican GF: GF wrap DF, VE: Pamplate (could contain cashew) with tomato pasta sauce, vegan cheese</p> <p>Snack: Fruity Yoghurt *Milk</p> <p>Snack Dietary Alternatives: DF, VE: Fruit salad or mixed nuts GF, DF, VE: Biscuits</p>	<p>Beef & Bean Nachos</p> <p>Mexican beans with beef, corn, kumara & capsicum on corn chips topped with cheese, served hot.</p> <p>Dietary Alternatives: V, VE: Mexican GF: GF wrap DF, VE: Pamplate (could contain cashew) with tomato pasta sauce, vegan cheese</p> <p>Snack: Cookie</p> <p>Snack Dietary Alternatives: GF, DF, VE: Biscuits</p>	<p>Ham & Cheese Filled Roll</p> <p>Long roll, ham, cheese, mayo, lettuce.</p> <p>Dietary Alternatives: GF: GF roll V: Egg mixed (could roll) VE: Vegan cheese salad & chicken corn patty roll DF, VE: Vegan mayo</p> <p>Snack: Carrot & celery munch n' crunch sticks with dip *Seasonal fruit</p> <p>Snack Dietary Alternatives: None</p>	<p>Butter Chicken & Rice</p> <p>A classic favourite.</p> <p>Dietary Alternatives: V, VE: Butter chicken & rice</p> <p>Snack: Seasonal Fruit</p> <p>Snack Dietary Alternatives: None</p>

*Milk (V) Vegetarian, (GF) Gluten Free, (DF) Dairy Free, (VE) Egg Free, (H) Halal, (NB) No Beef, (NF) No Fish, *Sister schools additional item.
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 any tolerance towards certain allergen please notify the school immediately, items may vary subject to supply.

lunchbylibelle@libelle.co.nz
 facebook.com/lunchbylibelle
 www.lunchbylibelle.co.nz



Term 3, 2021
KAURI WEEK
27/09-01/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatloaf, Mashed Potato & Vegetables</p> <p>Savory mince meatloaf, mashed potato and vegetables.</p> <p>Dietary Alternatives: V, NB: Vegetable cottage pie DF, VE: Potato wedges VE: Seasonal herbs</p> <p>Snack: Cookie</p> <p>Snack Dietary Alternatives: GF: Biscuits</p>	<p>Pizza Roll Up & Salad</p> <p>Wholemeal wrap, pizza sauce, cheese & pizza ham (baked) with salad.</p> <p>Dietary Alternatives: V, VE: Mushroom chicken filling H, NB: Chicken filling DF, VE: Vegan cheese GF: GF tortilla</p> <p>Snack: Fruity Yoghurt *Milk</p> <p>Snack Dietary Alternatives: VE, DF: Fruit salad or mixed nuts GF: GF cracker or Biscuits</p>	<p>Chicken Stew with Potato Wedges</p> <p>Chicken, corn and veggie stew with potato wedges.</p> <p>Dietary Alternatives: V, VE: White beans and vegetable sauce</p> <p>Snack: Pkilet</p> <p>Snack Dietary Alternatives: GF: GF cracker or Biscuits DF, VE: Cracker or Biscuits</p>	<p>Bacon Lettuce Sandwich</p> <p>Wholemeal bread, bacon, lettuce, tomato, onion, cheese & mayo with potato salad.</p> <p>Dietary Alternatives: GF: GF bread H, NB: Shredded chicken V, VE: Black bean patty GF, VE: Vegan cheese DF, VE: Veggie mayo DF, VE: Corn & beans</p> <p>Snack: Cookie</p> <p>Snack Dietary Alternatives: GF, DF, VE: Corn chips</p>	<p>Pasta & Meatballs</p> <p>White and wholemeal pasta, tomato based pasta sauce, meatballs, cheese and peas.</p> <p>Dietary Alternatives: GF: GF pasta H, NB: Egg mixed quinoa V, GF, DF, VE: Anzacballe, Anzacballe DF, VE: Veggie cheese DF, VE: Veggie cheese</p> <p>Snack: Seasonal Fruit</p> <p>Snack Dietary Alternatives: None</p> <p style="color: red;">Happy Holidays!</p>

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