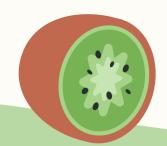
# WHATS IN OUR LUNCHBOX IN TERM 2?











# LETS MAKE EATING A POSITIVE EXPERIENCE!

Our meals are carefully crafted to contain all the nutrients that young bodies need to grow and learn.

You will only find tasty, real food ingredients in our lunch boxes ensuring that every nutrient dense bite counts.



### HOT FOOD IS BACK!

You all LOVED hot food last year in term 2 and 3, so our teams have rallied and set up the resources needed to provide you with at least 3 hot meals a week from term 2 onwards!





We noticed that sandwiches have been getting a bit of a bad wrap, so our Menu Development has put them aside for term 2

### BALANCED MEALS

Our unique 4 week menu cycle features your favourites, based on YOUR feedback!



#### MONDAY MEALS WILL BE HOT

COTTAGE PIE - SAVOURY MINCE WITH MASHED POTATO

CHICKEN WITH MASHED POTATO, VEGGIES AND CHEESE SAUCE

LOADED WEDGES - POTATO WEDGES WITH MEX BEAN MIX AND CHEESE

ROAST BEEF WITH MASHED POTATO, MIXED VEGGIES AND GRAVY

# WEDNESDAYS AND FRIDAYS ARE HOT MEALS



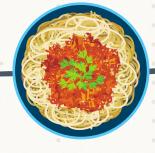
BUTTER



PASTA & MEATBALLS



CHEESY CHICKEN
PASTA



PASTA BOLOGNESE



MAC CHEESE



SWEET AND SOUR PORK WITH RICE









### TUESDAY AND THURSDAYS ARE AMBIENT

PORK AND
CHILLI BEAN
NACHOS

HAM PIZZA

NACHOS SALAD

HAWAIIAN

# OUR INGREDIENTS - OUR FOCUS IS ON WHOLEFOODS AS CLOSE TO THEIR NATURAL FORM AS POSSIBLE



Foods that contain lots of nutrients.

Basis of a healthy diet. Are mostly

Whole and less processed.

#### PROCESSED FOODS

Foods that have had minimal processing and still have some nutritional value.

Can include breads, cheese, fermented foods, canned or frozen foods.

#### ULTRA PROCESSED FOODS

Are high in refined carbohydrates, have added starch, inflammatory fats, salt and sugar. UPF are low, or have no, nutrients but deliver high





### BE PART OF THE CHANGE

"Refueling with a great lunch provides us with the energy to be physically active, allows us to learn better and contributes to a good, restorative sleep."





# MAKE THE HEALTHY CHOICE, THE EASY CHOICE!

Children's tastes vary and many are not familiar with healthy foods, which can make providing healthy food that gets good uptake from students challenging. Supporting children to enjoy new foods can take time.

But, if We don't serve it, they Won't eat it!



## GET IN TOUCH



EMAIL

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