

WHAT'S FOR LUNCH TODAY?

WEEK A DAY 1&2
Y4-8



TODAY'S LUNCH PACK CONSISTS OF:

- Meatball Sub (long roll, beef meatballs, meatball sauce, slaw, grated cheese)
- Fruit Salad
- Carrot Cake Muffin

Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (Y4-8 Lunch Pack)	Per 100g (Y4-8 Lunch Pack)
Energy	2391.7kJ	869.7kJ
Total fat	24.5g	8.9g
Saturated fat	7g	2.6g
Carbs	63.1g	22.9g
Total sugars	20.7g	7.5g
Protein	22.6g	8.2g
Iron	0.1mg	0mg
Sodium	1069.9mg	389.1mg
Fibre	3.9g	1.4g

Please note that while we try our best to provide accurate nutritional information, the nutritional analyses are approximations. Nutritional information is taken from the The New Zealand Food Compositional Database and back of pack labelling.

WHAT'S FOR LUNCH TODAY?

WEEK A DAY 1&2
Y4-8



TODAY'S HOT LUNCH CONSISTS OF:

- Beef Lasagne
(*beef mince*, tomato pasta sauce, lasagne pasta, carrots, grated cheese)

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (Y4-8 Hot Lunch)	Per 100g (Y4-8 Hot Lunch)
Energy	1158.8kJ	429.2kJ
Total fat	12.2g	4.5g
Saturated fat	4.8g	1.8g
Carbs	20g	7.4g
Total sugars	10g	3.7g
Protein	20.1g	7.4g
Iron	0.7mg	0.3mg
Sodium	920.6mg	340.9mg
Fibre	1.3g	0.5g

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WHAT'S FOR LUNCH TODAY?

WEEK A DAY 3&4
Y4-8



TODAY'S LUNCH PACK CONSISTS OF:

- Ham & Cheese Sandwich
(shaved ham, grated cheese, diced onion, mayo)
- Carrot Sticks
- Moogurt
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Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (Y4-8 Lunch Pack)	Per 100g (Y4-8 Lunch Pack)
Energy	2025.3kJ	676.9kJ
Total fat	16.8g	5.6g
Saturated fat	5.9g	2g
Carbs	54.9g	18.3g
Total sugars	16.7g	5.6g
Protein	26.5g	8.9g
Iron	0.1mg	0mg
Sodium	1146.6mg	383.2mg
Fibre	5.8g	1.9g

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WHAT'S FOR LUNCH TODAY?

WEEK A DAY 3&4
Y4-8



TODAY'S HOT LUNCH CONSISTS OF:

- Chicken Katsu
- Steamed Rice
- Shaved Cabbage
- Carrots
- Japanese Curry Sauce

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (Y4-8 Hot Lunch)	Per 100g (Y4-8 Hot Lunch)
Energy	2172.2kJ	789.9kJ
Total fat	11.4g	4.1g
Saturated fat	2.9g	1g
Carbs	21.3g	7.7g
Total sugars	4.8g	1.8g
Protein	18.5g	6.7g
Iron	0.2mg	0.1mg
Sodium	788.7mg	286.8mg

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WHAT'S FOR LUNCH TODAY?

WEEK A DAY 5 &
WEEK B DAY 6
Y4-8



TODAY'S LUNCH PACK CONSISTS OF:

- Chicken 'Big Mac' Sandwich (sliced chicken mix w/ mayo, pickles & onion, 'big mac' sauce, sliced cheese, rustic white bread)
- Fruit Crumble Muffin
- Whole Fruit

Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (Y4-8 Lunch Pack)	Per 100g (Y4-8 Lunch Pack)
Energy	2806.5kJ	749.6kJ
Total fat	26.2g	7g
Saturated fat	6g	1.6g
Carbs	78.4g	20.9g
Total sugars	28.2g	7.5g
Protein	27.4g	7.3g
Iron	0.2mg	0.1mg
Sodium	1311.4mg	350.3mg
Fibre	7.4g	2g

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