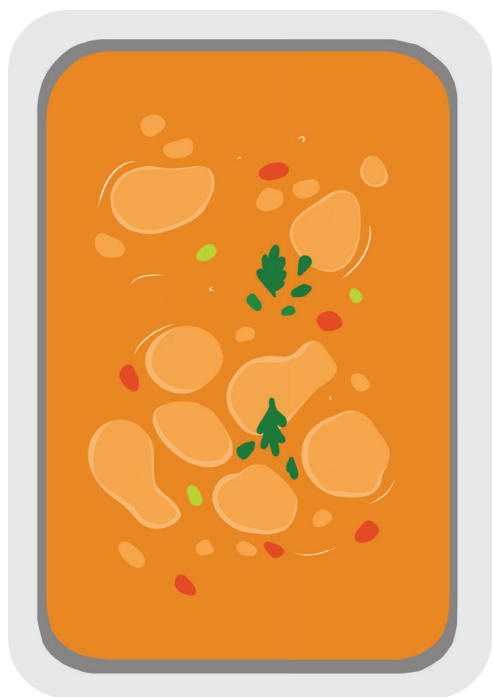


WHAT'S FOR LUNCH TODAY?

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



TODAY'S HOT LUNCH CONSISTS OF:

- Meatloaf
- Mash Potatoes
- Baby Carrots
- Gravy
-

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (Y4-8 Hot Lunch)	Per 100g (Y4-8 Hot Lunch)
Energy	997.1kJ	415.4kJ
Total fat	11.7g	4.9g
Saturated fat	3.8g	1.6g
Carbs	25.1g	10.5g
Total sugars	2.8g	1.2g
Protein	10.1g	4.2g
Iron	0.4mg	0.2mg
Sodium	717.6mg	299mg
Fibre	1.4g	0.6g

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 B DAY 7&8
Y4-8



TODAY'S LUNCH PACK CONSISTS OF:

- Chicken Salad Baguette (*chicken, diced celery, diced onion, diced capsicum, dijon mustard, mayo, baguette loaf*)
- Carrot Sticks
- Potato Salad
- Grain Waves

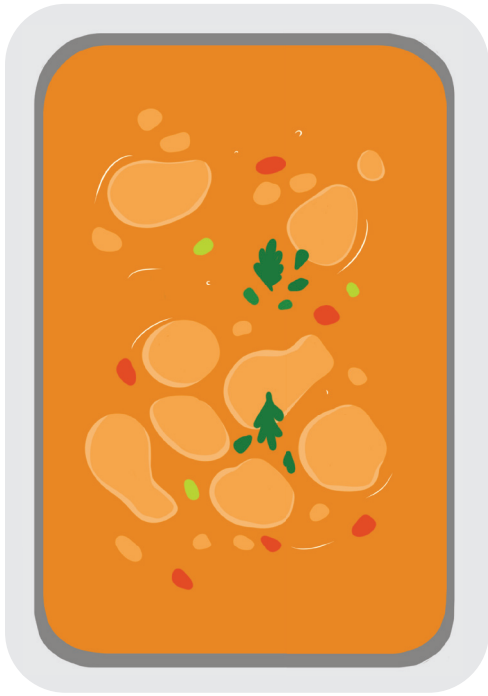
Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (Y4-8 Lunch Pack)	Per 100g (Y4-8 Lunch Pack)
Energy	1731.2kJ	721.3kJ
Total fat	12.3g	5.1g
Saturated fat	1.5g	0.6g
Carbs	56.7g	23.6g
Total sugars	6.4g	2.7g
Protein	16.2g	6.7g
Iron	0.1mg	0.1mg
Sodium	932.4mg	388.5mg
Fibre	5.8g	2.4g

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WHAT'S FOR LUNCH TODAY?

WEEK B DAY 7&8
Y4-8



TODAY'S HOT LUNCH CONSISTS OF:

- Spaghetti Bolognese
(beef mince, tomato pasta sauce, spaghetti pasta, diced carrot, grated cheese)
-

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (Y4-8 Hot Lunch)	Per 100g (Y4-8 Hot Lunch)
Energy	1195.8kJ	442.9kJ
Total fat	7.9g	2.9g
Saturated fat	4.3g	1.6g
Carbs	34.4g	12.8g
Total sugars	7.7g	2.8g
Protein	17.5g	6.5g
Iron	0mg	0mg
Sodium	858.5mg	317.9mg

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WHAT'S FOR LUNCH TODAY?

WEEK B DAY 9&10
Y4-8



TODAY'S LUNCH PACK CONSISTS OF:

- Corned Beef Salad Bap (*corned beef, lettuce, sliced cheese, mustard mayo, bap bun*)
- Corn Salad
- Moogurt

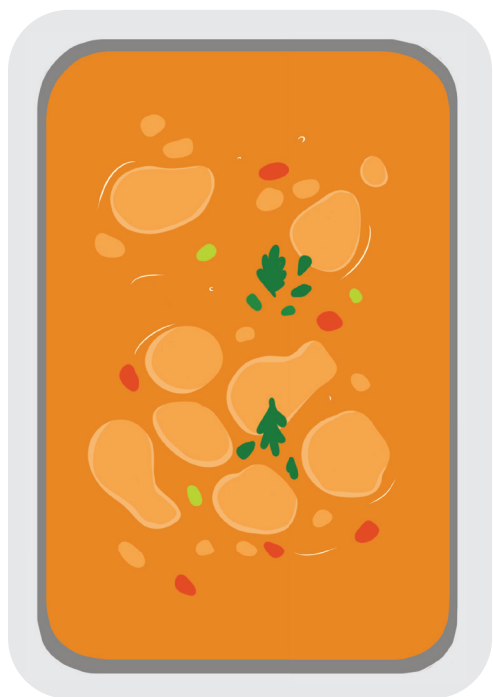
Nutrition Information for a Full Lunch Pack

Serving Size	Per Serving (Y4-8 Lunch Pack)	Per 100g (Y4-8 Lunch Pack)
Energy	1891.3kJ	675.5kJ
Total fat	20.4g	7.3g
Saturated fat	8.4g	3g
Carbs	42.5g	15.2g
Total sugars	14.2g	5.1g
Protein	22.2g	7.9g
Iron	0mg	0mg
Sodium	1069.9mg	382.1mg
Fibre	3.3g	1.2g

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 B DAY 9&10
Y4-8



TODAY'S HOT LUNCH CONSISTS OF:

- Slow Cooked Lamb Shoulder
- Roast Potatoes
- Carrots
- Peas
- Gravy

Nutrition Information for a Full Hot Lunch

Serving Size	Per Serving (Y4-8 Hot Lunch)	Per 100g (Y4-8 Hot Lunch)
Energy	955.8kJ	398.2kJ
Total fat	8.3g	3.5g
Saturated fat	1.9g	0.8g
Carbs	24.2g	10.1g
Total sugars	6g	2.5g
Protein	13.6g	5.7g
Iron	1.3mg	0.5mg
Sodium	231mg	96.3mg
Fibre	2.6g	1.1g

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