

# EAT SMART

<b>Classic Sandwiches</b>	<b>\$3.00</b>	<b>Small Rice Dishes</b>	<b>\$6.00</b>
Egg or Ham		Teriyaki Chicken, Butter	
<b>Premium Sandwiches</b>	<b>\$4.50</b>	Chicken, \$5 Katsu	
Ham and Egg, Chicken		Chicken or Plant Based	
Mayo, Chicken Avocado		<b>Large Rice Dishes</b>	<b>\$7.00</b>
or Vegetarian		Butter Chicken, Katsu	
<b>Gourmet Sandwiches</b>	<b>\$5.50</b>	Chicken or Plant Based	
Chicken Salad or		<b>Pasta Dishes</b>	<b>\$6.50</b>
Chicken Sushi Sandwich		Mac & Cheese (Ham or	
<b>Miscellaneous</b>	<b>\$6.00</b>	Vege), Spaghetti	
Croissant (Bacon & Egg),		Bolognese,	
2x Mini Chicken Baos		Spaghetti Meatballs	
<b>Half Wraps</b>	<b>\$4.50</b>	<b>Tuna Pasta Salad</b>	<b>\$4.50</b>
<b>Whole Wraps</b>	<b>\$8.00</b>	<b>Fruit Salad</b>	<b>\$4.50</b>
Ham & Salad, Chicken &		<b>6 x Chicken &amp; Vege</b>	<b>\$4.50</b>
Salad, Veggie		<b>Dumplings</b>	
<b>Special Wraps</b>	<b>\$5.50</b>	<b>Nachos</b>	<b>\$6.50</b>
Butter Chicken, Nacho		Chilli Bean, Veg / Meat	
Chicken, Nacho Beef,		<b>Loose Change</b>	<b>\$2.50</b>
Nacho Bean, or Vege		Chicken Tender, Plant	
Korma		Based Nuggets or	
<b>Gourmet Wrap</b>	<b>\$5.00</b>	Tenders, Fish Bites,	
With Chicken, Bacon &		Popcorn	
Aioli Wrap. +\$2 for large		<b>Snacks</b>	<b>\$3.50</b>
<b>Classic Rolls (Cold)</b>	<b>\$4.00</b>	Baked Wedges (Loaded	
Crispy Chicken, Crispy		for +\$1), Baked Kumara	
Vegetarian/Plant-Based		Chips, Mini Chicken Bao	
<b>Premium Rolls (Cold)</b>	<b>\$5.00</b>	Bun, Proper Crisps	
Ham, Chicken or		<b>Treats</b>	
Vegetarian		Justine's Cookies	\$3.00
<b>Hot Rolls</b>	<b>\$4.00</b>	Slices / Brownie	\$3.50
Hot Dog, Pork Rib		Mrs Higgins (1/2 \$1.50)	\$3.00
<b>Garlic Bread</b>	<b>\$2.50</b>	Jelly Cup (Fruit +50c)	\$2.50
Plain, +50c with Cheese		Muffins	\$2.50
<b>Meatball Sub</b>	<b>\$4.50</b>	<b>Frozen Treats</b>	
<b>Bacon &amp; Egg Roll</b>	<b>\$5.00</b>	Juicies Blocks, Moosies,	\$2.50
<b>Burgers</b>		Paddle Pop Rainbow	
Cheese Burger	\$4.50	Juicie Tubes, Weiss	\$3.00
Chicken Burger	\$6.00	Mango, Calippo, Cyclone	
Plant-Based Burger	\$5.00	Icy Twist	\$2.00
<b>Fruit</b>	<b>\$1.00</b>	<b>Classic Combos</b>	<b>\$6.00</b>

\$5



*Summer Special*

**Five bucks for Fush 'n' Chups  
or Fish & Wedges**

Summer  
Special



**Plant-based  
tenders &  
kumara  
chips**

**\$5**

**Vegetarian**

# Treat yourself to a combo

All \$6.00

## Cheeseburger Combo

Includes Up & Go or milk



## Sandwich Combo

\$3 - \$4.50  
Sandwich with Up & Go or milk



## Half Wrap Combo

Half wrap and Juicie Tube Pop



Serving suggestions only.

# OUR SCHOOL IS PROUD TO **EAT SMART**

We're passionate about nutrition in schools and are Eating Smart in 2022! Champion Tuckshops (Libelle Group), is teaming up with the Heart Foundation Fuelled4life, the Diabetes Projects Trust and BioPak to bring us a Fresh Made approved and eco-friendly packaged menu - Eat Smart.

So what does this mean for us? Champion Tuckshops has a nutritious menu with plenty of variety for students, with **halal, vegetarian**

**and plant based options** available.. It is a nutritionally balanced, value-for-money school tuckshop menu offered throughout the country!

The Eat Smart menu features balanced meals designed by a team of nutritionists for kiwi school kids, so they have the right fuel to learn! The message is clear:

**EAT WELL. DO BETTER.**



*Lunch Orders*

## **We are going digital with Txt My Lunch and Lunch Orders**

Txt My Lunch is the solution to giving parents the guarantee that their hungry learner is getting a healthy, balanced meal - all for just \$6, while still having a choice of various healthy combos. Use Txt My Lunch to send a lunch directly to a student's phone by text!

Lunch Orders is an online ordering platform where you can simply click and collect - you do the clicking and your learner collects!

**CLICK AND COLLECT AT  
[LUNCHORDERS.CO.NZ](https://lunchorders.co.nz)**

**BUY OR GIFT A DIGITAL MEAL TICKET AT  
[TXTMYLUNCH.CO.NZ](https://txtmylunch.co.nz)**

**SEE THE FULL MENU AT  
[LIBELLE.CO.NZ](https://libelle.co.nz)**