



# Ka Ora, Ka Ako

## Healthy School Lunches Programme

### Pasta Vera: Your Partner in Healthy School Lunches

At Pasta Vera, we're dedicated to creating nutritious meals that kids love! As a key partner in the Ka Ora, Ka Ako - Healthy School Lunches Programme, we've put extra care into creating new, affordable meal options that satisfy strict nutritional standards while remaining favourites among children. Designed to fulfil the Ministry's latest guidelines for Year 7+ students, we look forward to continuing our partnership with our customers to deliver wholesome, delicious, budget-friendly lunches that meet all requirements.

#### We're here to help

For more information, call us on:  
022 534 4688

or email us at:  
[sales@pasta.co.nz](mailto:sales@pasta.co.nz)



MACARONI  
CHEESE



CHILLI CON  
CARNE



BEEF  
LASAGNE

10 MEAL  
OPTIONS  
AVAILABLE



Product Code	Product Name	Is this a complete product or needs additional product added	Grams per 100g					Source		
			Cooked Veg	Grain Foods and Starchy Veg	Protein Animal-Based	Cheese	Protein Plant-Based	Cooked Veg	Grain Foods and Starchy Veg	Protein
<b>BEEF/CHICKEN SOLUTIONS</b>										
LASBSCHOOL	Prime NZ Beef Lasagne	Complete meal solution	34.0 g	34.6 g	10.3 g	4.2 g	3.0 g	Tomato, Carrot, Onion	Pasta	Lean Beef Mince, Textured Vegetable Protein (Soy), Cheese
LASCCHOOL	Chicken and Vege Lasagne	Complete meal solution	30.0 g	34.6 g	10.0 g	4.5 g	3.0 g	Tomato, Carrot, Onion	Pasta	Chicken, Textured Vegetable Protein (Soy), Cheese
PENNEBOL	Penne NZ Beef Bolognese	Complete meal solution	45.0 g	40.0 g	13.0 g	0.0 g	3.5 g	Tomato, Carrot, Onion	Pasta	Lean Beef Mince, Textured Vegetable Protein (Soy)
CCCRICE	Chilli Con Carne on Rice	Complete meal solution	32.0 g	33.3 g	9.0 g	0.0 g	20.0 g	Tomato, Onion	Rice	Lean Beef Mince, Kidney Beans, Textured Vegetable Protein (Soy)
CCCSCHOOL	Chilli Con Carne	Meets requirements with pasta or rice	49.0 g	0.0 g	14.0 g	0.0 g	30.0 g	Tomato, Onion		Lean Beef Mince, Kidney Beans, Textured Vegetable Protein (Soy)
<b>VEGETARIAN SOLUTIONS</b>										
MACCHCAUL	Macaroni Cheese w "hidden" Cauliflower	Needs protein and veges added.	14.0 g	65.0 g	0.0 g	13.0 g	0.0 g	Cauliflower, Onion	Pasta	Cheese
MACCH2.6NEW	Macaroni Cheese 2.6Kg	Needs protein and veges added.	0.0 g	44.0 g	0.0 g	14.5 g	0.0 g		Pasta	Cheese
<b>PLANT BASED SOLUTIONS</b>										
CHILVRICE	Vegetable Chilli on Rice	Complete meal solution	40.7 g	33.3 g	0.0 g	0.0 g	25.3 g	Tomato, Onion, Carrot, Mushroom, Red Pepper, Celery, Pumpkin	Rice, Potato, Sweet Potato	Red Kidney Beans
CHILV2	Vegetable Chilli	Meets requirements with pasta or rice	61.0 g	0.0 g	0.0 g	0.0 g	38.0 g	Tomato, Onion, Carrot, Mushroom, Red Pepper, Celery, Pumpkin	Potato, Sweet Potato	Red Kidney Beans
GFLASVEGAN3	Gluten Free Vegan Lasagne	Needs protein added	58.0 g	30.0 g	0.0 g	0.0 g	0.0 g	Pumpkin, Tomato, Onion, Carrot, Mushroom, Spinach, Celery	Pasta, Potato, Sweet Potato	



Product code	Product name	Is this a complete product or needs additional product added	Gluten Free	Percentage of finished product					Yr 4-8	60 g 60 g 38 g grams per serving (Year 4-8)			Yr 9+	70 g 90 g 50 g grams per serving (Year 9+)		
				Veg	Grainy Foods and Starchy Veg	Protein Animal-Based	Cheese	Protein Plant-Based		Serve size	Cooked Veg	Grainy Foods and Starchy Veg		Protein	Serve size	Cooked Veg
LASBSCHOOL	Prime NZ Beef Lasagne	Complete meal solution		34.0	34.6	10.3	4.2	3.0	240 g	82 g	83 g	42 g	300 g	102 g	104 g	53 g
LASCBSCHOOL	Chicken and Vege Lasagne	Complete meal solution		30.0	34.6	10.0	4.5	3.0	240 g	72 g	83 g	42 g	300 g	90 g	104 g	53 g
PENNEBOL	Penne NZ Beef Bolognese	Complete meal solution		45.0	40.0	13.0	0.0	3.5	240 g	108 g	96 g	40 g	300 g	135 g	120 g	50 g
CCCRICE	Chilli Con Carne on Rice	Complete meal solution	Yes	32.0	33.3	9.0	0.0	20.0	240 g	77 g	80 g	70 g	300 g	96 g	100 g	87 g
CCCSCHOOL	Chilli Con Carne	Meets requirements with pasta or rice	Yes	49.0	0.0	14.0	0.0	30.0	160 g	78 g	0 g	70 g	200 g	98 g	0 g	88 g
Vegetarian Solutions																
MACCHCAUL	Macaroni Cheese w "hidden" Cauliflower	Needs protein and veges added.		14.0	65.0	0.0	13.0	0.0	240 g	34 g	156 g	31 g	300 g	42 g	195 g	39 g
MACCH2.6NEW	Macaroni Cheese 2.6Kg	Needs protein and veges added.		0.0	44.0	0.0	14.5	0.0	240 g	0 g	106 g	35 g	300 g	0 g	132 g	44 g
Plant-based Solutions																
CHILVRICE	Vegetable Chilli on Rice	Complete meal solution	Yes	40.7	33.3	0.0	0.0	25.3	240 g	98 g	80 g	61 g	300 g	122 g	100 g	76 g
CHILV2	Vegetable Chilli	Meets requirements with pasta or rice	Yes	61.0	0.0	0.0	0.0	38.0	160 g	98 g	0 g	61 g	200 g	122 g	0 g	76 g
GFLASVEGAN3	Gluten Free Vegan Lasagne	Needs protein added	Yes	58.0	30.0	0.0	0.0	0.0	241 g	140 g	72 g	0 g	301 g	175 g	90 g	0 g