



Welcomeasy (.we.) are a family owned and operated business specialising in healthy (*nut free*) children's meals.

.we. are passionate about a healthy lifestyle for children and are committed to working together with you to benefit your school community.

.we. love what we do and do it with the utmost honesty and integrity whilst adhering to our four-core philosophies: Healthy, Convenient, Affordable and Giving back.

.we. acknowledge the important role that nutritious food plays in the growth and development of children and are therefore committed to providing students with a variety of fun & healthy menu options every day. The ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake.

HOW TO ORDER YOUR LUNCH

Order through our website till 10:59PM for delivery on next school day – #welcomeasylife 😊

Single meal order is available or SAVE up to 30% on your meals by subscribing to a 3-day or 5-day meal, drink and snack plan.

Note: (R) denotes Regular meals and (L) are for Large.



Autumn Menu

Welcomeasy


Healthy communities through meals

🌐 www.welcomeasy.com.au

✉ ask@welcomeasy.com.au

Find us on  @Welcomeasy

Sandwiches & Salad Meal Pack

- Sandwiches (GF) \$4.00 (+\$1.50)
 - Wraps (GF) \$6.00 (+\$1.50)
 - Garden Salad (GF) \$5.50
-  Includes fresh seasonal fruits!

Basic Sandwiches (Smooth Wholemeal or GF)

- Vegemite, Ham, Cheese or Jam

Wraps

(White, Wholegrain or GF)

- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Tuna Mayo & Salad
- Cheese & Salad



Kids Garden Salad (GF)

(Lettuce, carrot, tomato and corn)

- Add: Pasta or Cheese (+\$1.00)
- Add: Chicken or Tuna (+\$1.50)

Weekly Specials R: \$7.00 (L: +\$2)



Includes fresh seasonal fruits!

MON & TUES ONLY

Mild Beef Nachos (GF)

Nachos with a gentle spice mix that even the fussiest of eaters will love. Serve with corn nachos and let the hungry hordes dig in!



Chickee Bites (GF)

Fried fresh chicken marinated in our secret soy and honey sauce with crunchy coating, served with rice.

Add Sauce: Tomato (GF), BBQ or Mayo (GF) (+\$0.50)

THURS & FRI ONLY

Seasonal Special R: \$5.00 (L: +\$2)



Includes fresh seasonal fruits!

WED ONLY



Pork Sausage Roll Bites

The classic freshly made from scratch with Irish pork and pastry in easy to eat bite sizes.

Add Sauce: Tomato (GF), BBQ (+\$0.50)

Lunch Meal Box R: \$7.00 (L: +\$2)



Includes fresh seasonal fruits!



Baked Penne Bolognese

Penne Bolognese with vegetable mix. Topped with cheese baked till golden brown – YUM! (GF Available)



Chicken Fried Rice

A delicious Asian-inspired dish packed with flavour. Delicious sweet soy marinated chicken fried rice with vegetable mix. (GF Available)



Meatball Bolognese

Delicious meatball pasta loved by all; juicy meatballs in a rich Bolognese sauce served over penne for easy eating. (GF Available)



Mini Sushi Roll Pack

Healthily balanced sushi pack with teriyaki chicken, tuna mayo, avocado and cucumber rolls (2 of each kind). Perfect finger-sized meal. (GF Available)



Mild Butter Chicken (GF)

'Best butter chicken ever!' Dairy free, Gluten free, grain and starch free... Served on a bed of rice - Hungry yet?

Snack Bag

\$4.00



Includes in-house fruit jelly cup!

Crunchy Vege Mix (GF)

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Baked Mini Pretzels ★★

NEW Roasted Fav-va Beans Snack (GF)

Crunchy Rice Bites

Fresh Muffins (Blueberry OR Cocoa Choc)

Creation*Fresh Organic Popcorn (GF)

Drinks (Served chilled)

Pure Spring Mini Bottled Water \$1.90

Milk

Full Cream, Chocolate, Strawberry \$1.90

Soy Drink

Original, Chocolate \$2.50

Organic 100% Juice

Apple, Orange, Apple & B'currant, Tropical \$2.50

Watermelon Water \$2.50

Coconut Water \$2.50



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SAVE up to 30% with a 3-day or 5-day meal, drink & snack plan subscription

Please check our website for allergens and dietary details of what's inside all meals.



welcomeasy.com.au

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