



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 11:59PM 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.



Spring & Summer Menu

Welcomeasy

Healthy communities through meals

🌐 www.welcomeasy.com.au

✉ ask@welcomeasy.com.au

Find us on [f](#) @Welcomeasy

Sandwiches & Salad Meal Pack

Sandwiches (GF) \$6.00 (+\$1.50)

Wraps (GF) \$6.50 (+\$1.50)

Garden Salad (GF) \$6.00



Includes fresh seasonal fruits!

we



Wraps

(White, Wholegrain or GF)

Sandwiches

(Smooth Wholemeal or GF)

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

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Garden Salad (GF)

(Lettuce, carrot, cherry 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 & TUE ONLY

Sweet'n'Tangy Chicken (GF)

Crunchy chicken pieces with a sweet and tangy sauce made with fresh summer vegetables and ingredients served over rice!



THURS & FRI ONLY

Chickee Bites (GF)

Made with 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)

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



Includes fresh seasonal fruits!



Baked Penne Bolognese

Penne Bolognese with vege mix. Topped with mozzarella, parmesan and cheddar 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)



Lasagna

Made with layers of slow cooked Bolognese ragu and cheese sauce topped with fresh mozzarella & LOTS of hidden veges inside ☺



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

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

Snack Box (Recess only) \$4.00



Select ONE and includes FUN Fruit!

Crunchy Vege Mix (GF)

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Baked Mini Pretzels ★★

NEW Mango Pudding (w real Mangoes!) (GF)

Granola Minis (Allergy Friendly snack!)

Awesome Crunchy Rice Bites (Seaweed flavour)

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

Organic 100% Juice

Apple, Orange, Apple & B'currant, Tropical \$2.30

Watermelon Water \$2.30

Coconut Water \$2.30



Healthy communities through meals

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

*** R: Regular size L: Large size ***

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