

COLD Specials R: \$10.00 (L: +\$2)



Includes fresh seasonal fruits!



Seared Salmon Nigiri (GF)

Freshly cut salmon topped with teriyaki sauce and mayonnaise seared to a lightly charred finish. Served (R) 4 pieces and (L) 6 pieces. *Limited availability!*



Salmon & Avo Roll (GF)

Freshly cut salmon with avocado rolled inside out. Served (R) 6 pieces and (L) 8 pieces. *Limited availability!*



Prawn Nigiri (GF)

Prawns topped over sushi rice. Served (R) 4 pieces and (L) 6 pieces. *Limited availability!*

HOT Specials R: \$7.50 (L: +\$2)



Includes fresh seasonal fruits!



Stir Fried Noodles

Asian inspired mix of soy, garlic, onions and shallots with egg noodles – guaranteed yum!

- Chicken and Vegetables
- Vegetable Mix (Vegetarian)

MON & TUE ONLY



Chickee Bites (GF)

Fresh chicken marinated in our secret soy and honey sauce with a crunch served with rice.

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

THURS & FRI ONLY

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

.we. are passionate about a healthy lifestyle for children and acknowledge the important role that nutritious food plays in the growth and development of children. All ingredients are carefully selected for high sources of nutrients whilst limiting saturated fat, sugar and salt intake and ensuring that it's delicious to eat!

HOW TO ORDER

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

NEW TRIAL in 2021 – Same day orders (by 9AM). Surcharges do apply with selected menu options.

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.




SUMMER


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 (Wholemeal or GF)

- Vegemite, Ham, Cheese, Jam or Egg Mayo

Wraps (White or GF)

- Ham, Cheese & Tomato
- Chicken, Lettuce & Mayo
- Egg Mayo & Salad
- 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)

Sushi Variety Packs

Mini Rolls 8pcs (GF) \$7.00 (+\$1.50)

Sushi Wrap (GF) \$5.00 (+\$1.50)



Includes fresh seasonal fruits!



Mini Sushi Roll

Choice of teriyaki chicken, tuna mayo, avocado, cucumber rolls, salmon or tobiko. Perfect finger-sized meal. (GF Available)

Sushi Wrap

- Tuna & Avocado
- Teri Chicken & Avo
- Schnitzel & Avo
- Avo & Cucumber
- California



HOT Meals From: \$5.50 (L: +\$2)



Includes fresh seasonal fruits!



Ultimate Mac 'n' Cheese

Baked Mac and Cheese topped with golden crispy crumbs, served:

- Plain (vegetarian)
- with Crispy bacon

House-made Penne Bolognese (GF Available)

Our healthy mix of passata, chunky tomatoes, onions, carrot, garlic, herbs and a splash of honey

- Bolognese Sauce only
- Vegetable (Carrots, Peas and Corn)
- Lean Beef Mince



Fresh Gourmet Pastries:

- Beef Pie
- Chicken and Vegetable Pie
- Sausage OR Spinach Roll
- *NEW* Rainbow Quiche (GF)



NEW Mild Beef Nachos (GF)

Nachos with a gentle spice mix that even the fussiest of eaters will love. Served with corn chips

Fried Rice (GF)

A classic kids favourite, delicious sweet soy chicken fried rice with vegetable mix. *Vegetarian available.*



Mild Butter Chicken (GF)

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

Snack Bag \$4.00



Includes mixed fruit snack!

House-made Jelly Cups (GF) Raspberry and Lime

Crunchy Vege Mix (GF) 

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Edamame or Corn Cob (GF)

Baked Mini Pretzels Or Crunchy Rice Bites

Vege Chips (GF) 

Fresh Cocoa Choc Chip Muffins



Creation*Fresh Organic Popcorn (GF)

Drinks (Served chilled)

Pure Spring Mini Bottled Water \$2.00

Milk

Full Cream, Chocolate, Strawberry \$2.00

Soy Drink

Original, Chocolate \$2.50

Organic 100% Juice

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

Coconut Water \$2.50



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

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SUGAR FREE-ZIES! \$2.00

Frozen 100% Natural Icy Poles

A treat for the kids without the GUILT!

* \$1 if purchased with any meals *

