

## COLD Specials R: \$10.30 (L: +\$2)



### 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)

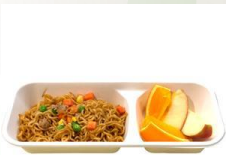
Freshly cut salmon with avocado rolled inside out. Served (R) 6 pieces and (L) 8 pieces. *Limited availability!*



### Prawn Nigiri (GF)

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

## HOT Specials R: \$7.80 (L: +\$2)



### 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**



### Dino Bites

Fun and Crunchy Backed Tempura Dinosaurs served with rice. *Add Sauce: Tomato (GF), BBQ or Mayo (GF) (+\$0.50)*

**NOW EVERYDAY!**

**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!

### ORDER ONLINE

At [welcomeasy.com.au](http://welcomeasy.com.au) till 10:59PM for delivery next school day.

Same day orders available (by 9AM) Surcharges do apply with selected menu options.

SAVE up to 30% on 3-day or 5-day meal plans!

Scan to order




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




## e-Canteen Menu

**Welcomeasy**

Healthy communities through meals

 [www.welcomeasy.com.au](http://www.welcomeasy.com.au)

 [ask@welcomeasy.com.au](mailto:ask@welcomeasy.com.au)

Find us on  @Welcomeasy

## Sandwiches & Salad Meal Pack

- Sandwiches (GF) ..... \$4.30 (+\$1.50)
- Wraps (GF) ..... \$6.30 (+\$1.50)
- Garden Salad (GF) ..... \$5.80

### Simple 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



### 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) ..... \$7.30 (+\$1.50)
- Sushi Wrap (GF) ..... \$5.30 (+\$1.50)

### 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: \$5.80 (L: +\$2)



### \*NEW\* Pizza Wrap

Flavourful and yummy. Enuf said!

- Cheese
- BBQ Chicken

### 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



### Chicken Fried Rice

A classic kids favourite packed with flavour. Delicious sweet soy chicken fried rice with vegetable mix. (GF Available)

Vegetarian option available online



### Mild Butter Chicken (GF)

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

## Snack Bag From \$1.00

House-made Jelly Cups (GF) Raspberry and Lime

Crunchy Vege Mix. Edamame or Corn Cob (GF) ★★

Welcomeasy Mixed Berry Yoghurt Cup (GF)

Baked Mini Pretzels Or Crunchy Rice Bites

Grainwaves OR Popcorn (GF)



Fresh Cocoa Choc Chip Muffins



Ice Sticks and Moosies

## Drinks (Served chilled)

Pure Spring Mini Bottled Water ..... \$2.20

### Milk

Full Cream, Chocolate, Strawberry ..... \$2.80

### Soy Drinks

Original, Chocolate ..... \$2.80

### Fruit Juices

Apple, Orange, Tropical ..... \$3.20

Coconut Water ..... \$3.50



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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### Frozen Birthday buckets!

Celebrate birthdays with a treat without the GUILT!

