



HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

HAPPY LUNCH BOX FREMANTLE
for ongoing Deals, Updates & News.



New to Menu 2018:

1. Red Lentil Dahl w Basmati
3. Pancake Roll w. Raspberries

SUBSCRIPTIONS

- Meals x 10 \$42,50
- Combo Meal & Drink x 10 \$60
(Order via box or online)

Put Paper Bag Orders in Happy Lunch Box in Office (no early morning staff in kitchen).

SUSHI FRIDAYS

(Order by 1200 Thursday)



TACO THURSDAYS



All our Chicken is Free Range.
All Pasta Organic

No Recess this semester

HOT HOMEMADE VEGGIE SMUGGLERS

GREEN TRAFFIC LIGHT

- Bolognese (organic pasta) w. Cheese* \$4.50
- Napolitano (organic pasta) w. Cheese*(V) \$4.50
- Red Lentil Dahl w. Basmati Rice..... (V) \$4.50
- Butter Chicken w. Basmati Rice..... \$4.50
- Nachos org. corn chips Salsa, Bean & Cheese*(V) \$4.50

AMBER TRAFFIC LIGHT

- Wholemeal Pancake roll w. Raspberries.....(V) \$4.50
- Sausage Roll \$4.50

**Can be requested Lactose Free*

FRIDAY SUSHI x 4 psc. ORDER BY THURS

GREEN TRAFFIC LIGHT

- Cooked Tuna \$5.00
- Chicken (free range) \$5.00
- Vegetarian..... (V) \$5.00



TACO THURSDAY: Taco Shell with Mince x 2

Self-serve: Corn, Cucumber, Lettuce, Tomato, Black Beans, Homemade Salsa, Cheese & Sour Crème
.....\$5.00

TOASTIES ON WHOLEMEAL BREAD

GREEN TRAFFIC LIGHT

- Ham & Cheese..... \$4.50
- Chicken & Cheese (Free range & Poached) \$4.50
- Double Cheese..... (V) \$4.50

SNACKS

AMBER TRAFFIC LIGHT

- Jelly Cup with fresh fruit..... \$2.50
- Fruit straps (No additives - fruit only)..... \$1.50
- Moosie Chocolate \$2.50
- Moosie Strawberry..... \$2.50

GREEN TRAFFIC LIGHT

- Fruit seasonal..... \$1.00

DRINKS BY THE CUP

- Water (200ml)..... \$1.00
- Milk (Full fat) (200ml)..... \$1.00
- Apple Juice (Low sugar) (200 ml)..... \$1.00

WA School Canteen Associations Traffic Light System
www.waschoolcanteens.org.au

Order: Happy Lunch Box Order Box in Office or Online: www.onlinecanteen.com.au