

Healthy Lunches. Happy Kids. Happy Parents & Carers.

## HOT HOMEMADE VEGGIE SMUGGLER MEALS

GREEN TRAFFIC LIGHT

Swedish Meatballs Beef+Pork w Napolitana & Organic Pasta	\$5
Bolognese Beef, Organic Pasta w. Cheese*	\$5
Bolognese Roo-Low-Carbon-Foot-print, Organic Pasta w. Cheese*	\$5
Napolitana Organic Pasta w. Cheese*(v)	\$5
Vegetarian Fried Rice with Omelette & Veggies (v)	\$5
Tom Kha Thai Coconut Soup w. Rice - Chicken or Tofu (v)	\$5
Chicken Drumsticks Honey/Soy (free Range≈225g)	\$4

AMBER TRAFFIC LIGHT

Butter Chicken (free range) or Tofu (v) w. Rice	\$5
Nachos Organic corn chips, Bean Salsa & Cheese*(v)	\$5

\*Can be requested Lactose Free

## WHOLEMEAL Toasties

GREEN TRAFFIC LIGHT

Ham & Cheese, Chicken & Cheese, Double Cheese (v)	\$4.50
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## SNACKS

GREEN TRAFFIC LIGHT

Corn on the cob	\$2.00
Veggie Sticks (Carrot, Cucumber & Celery)	\$2.50
Fruit seasonal	\$1
Trail Mix (Mini Wheats & Dried Fruit)	\$2.50
Boiled egg (hard)	\$2
Frozen Low Fat Yoghurt	\$2.50
Nori Seaweed x 2 Sheets	\$2.50

Sunraysia (Organic 100% Fruit Juice Freeze)

AMBER TRAFFIC LIGHT

Fruit straps (no additives - fruit only)	\$2.50
Moosie (100% natural milk freeze)	\$2.50

## SUBSCRIPTION DEAL:

Voucher Book valid for Main Meals x 10

\$45

## WEEKLY NUDE FOOD LUNCHES. FROM KITCHEN TO PLATE.



### THURSDAY NUDE ROLLS (PP/Kindy Incl.)

AMBER TRAFFIC LIGHT

Homemade Sausage Roll (Beef)	\$5
Homemade Ricotta & Spinach Roll (v)	\$5



### FRIDAY NUDE PIZZAS TRICOLORE (PP/Kindy Incl.)

GREEN TRAFFIC LIGHT

Mini Pizza based w. Happy Lunch Box Salsa & Finished w. Cheese.

A. Prosciutto et Verdure (Ham, Capsicum, Corn & Onion)	\$5
B. Delizia Vegetariana (Capsicum, Corn & Onion) (v)	\$5

## DRINKS by the Cup

GREEN TRAFFIC LIGHT

Milk Reduced fat / Sparkling Water / Coconut Water (175ml)	\$1.50
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## FAMILY TAKE HOME FRIDAY

Bring home the most popular Veggie Smuggler Meals on the Menu

Heat - Cook Pasta/Rice - Enjoy.

**Butter Chicken** (free range) or **Tofu** Basmati Rice. Pappadums & Fruit Chutney.

**Bolognese Beef** Organic Pasta, Fresh Romano & Garlic Bread.

Medium 3-4 ppl (750 ml Sauce) \$24.50

Large 4-5 ppl (950 ml Sauce) \$27.50

Pls. drop off well-marked containers in order box by kitchen or I will supply Microwavable Washable containers. [Collect in Kitchen before 6 PM]