

HAPPY LUNCH BOX

Healthy Lunches. Happy Kids. Happy Parents & Carers.

HOT HOMEMADE VEGGIE SMUGGLER MEALS (serving size approx. 225gr)

GREEN TRAFFIC LIGHT

Five-Veg-Napolitana Organic Pasta w. Cheese*/** (v /ve)	\$5
Vegetarian Fried Rice with Omelette & Veggies (v)	\$5
Red Lentil Coconut Dahl with Basmati (ve)	\$5
Swedish Meatballs in 5-Veg-Napolitana & Organic Pasta	\$5
Bolognese Beef w. 5-Veg., Organic Pasta w. Cheese*	\$5
Bolognese Roo Low-Carbon-Foot-print, w. 5-Veg. Org. Pasta w. Cheese*	\$5
Chicken Drumsticks Honey/Soy (Free Range≈200g)	\$4

AMBER TRAFFIC LIGHT

Butter Chicken (free range) w. Rice	\$5
Macaroni & Cheese (Cheddar Based) (v)	\$5
Nachos Organic corn chips, 5-Veg-Bean-Salsa & Cheese* **(v/ve)	\$5
Sausage Roll (beef) Veggie Smuggler	\$5
Spinach & Ricotta Roll w Zucchini (v)	\$5

*Can be requested Lactose Free **Can be requested Vegan

WHOLEMEAL Toasties

GREEN TRAFFIC LIGHT

Ham+Cheese	\$4.50
Pineapple+Cheese (v), Mega Cheese (v), Vegemite+Cheese (v)	\$4.50
Grilled Chicken Pattie Toastie	\$5

THURSDAY - FRIDAY

T1 2021

Place orders by 9.00am Online:

www.quickcliq.com.au or [Order Box by Kitchen](#)

SUSHI 5pc with Icy Pole Approx.: 200gr (On-line orders only)

GREEN TRAFFIC LIGHT

Chicken Katsu/ Cooked Tuna / Vegan / Tamago Yaki (Omelette) (v)
(Self-serve: Tamari soy-sauce, Kewpie Mayo & Wasabi) \$7

SNACKS

GREEN TRAFFIC LIGHT

Fruit seasonal	\$1
Boiled egg (hard)	\$2
Nori Seaweed x 2 Sheets	\$2.50
Fruit straps (no additives - fruit only) (gf/ve)	\$2.50
Fruit Frogs - Nice & Natural	\$2
Chocolate Brownie (75gr) (Wholemeal)	\$2
Rice Wheels (Cheese flavour)	\$2
Air popped popcorn	\$2.50
Frozen Juice Tubes (100% juice - no additives)	\$2.50
Frozen Yoghurt (low Fat)	\$3
Moosie Flavoured Milk Freeze	\$2.50

DRINKS

Ribena	\$2.50
Apple Juice-Sugar free 99%	\$2.50
Plain Milk / Chocolate Milk / Strawberry Milk	\$2.50

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SURPRISE BENTO BOXES \$8.50

THURSDAY ONLY -Macaroni & Cheese Bento Box

- + Sugar free 99% Apple Juice
- +Wholemeal Choc Brownie
- +Fruit or Veggie of the season

PLUS two Surprises:

Example: Popcorn, Pretzels, Biscuits, Rice Crackers, Seaweed, Mini Choc Pudding, Mini Jelly Cup, Weetabix Clusters w. Berries, Mini Frozen Yogurt, Raisins etc.

FRIDAY ONLY - SUSHI Bento Box (Chicken Teriyaki/ Cooked Tuna / Vegan)

- + Sugar free 99% Apple Juice
- +Wholemeal Choc Brownie
- +Fruit or Veggie of the season

PLUS two Surprises:

Example: Popcorn, Pretzels, Biscuits, Rice Crackers, Seaweed, Mini Choc Pudding, Mini Jelly Cup, Weetabix Clusters w. Berries, Mini Frozen Yogurt, Raisins etc