

SNACKS



Fruit Salad = \$4.00

- Mixture of seasonal fruits

Veggie Sticks
= \$4.00



- Carrot, Cucumber, Celery & Capsicum with Hummus dip



Cobs Popcorn -
Sweet & Salty
13g &
Sea Salt 13g
snack bags =
\$2.00



Vege Chips -
21g Bags =
\$2.00

- Plain, Chicken, BBQ & Salt & Vinegar available

Funday Lollies:
ONLINE ONLY
\$5.50



Please note lunches are not made in a allergen free kitchen

SCHOOL LUNCH

MENU SALADS



Caesar Salad = \$8.00

- Mix Lettuce (Iceberg & Cos), Sliced Egg, Shredded Chicken, Bacon Pieces & Shaved Parmesan Cheese With Caesar dressing in a portion control squeeze packet, *NO CROUTONS*



Garden Salad = \$5.00

- Mix Lettuce (Iceberg & Cos), Sliced Cherry Tomatoes, Sliced Cucumber, Shredded Carrot

BUILD YOUR OWN SALAD

- Please see online app for build your own salad options.
- Options are similar to build your own sandwich

Caesar Dressing = \$0.50

French Vinaigrette = \$0.50

- Dressings are portion control - same as Sauces



ONLINE ORDERS:

App available on android & apple.
Just look for Spriggy Schools

info@hellomunchlunch.com.au
facebook/hellomunchlunch

DRINKS

Milk - 250ml = \$3.80

- Chocolate
- Strawberry
- HoneyComb

- Nippys - Brand may change subject to availability.



Milk - 200ml = \$2.20

- Plain Long life milk

Zymil Milk - 250ml = \$2.50



Lactose Free Chocolate
Milk - 250ml = \$4.00



Juice - 250ml = \$2.80

- Apple
- Orange
- Apple & Blackcurrent
- Nippys - Brand may change subject to availability.



Noah's Juice - 260ml = \$5.50

- Apple
- Orange
- Red Soothie & Green Smoothie



Water 600ml = \$3.00



HELLO MUNCH LUNCH
Traralgon

SUSHI

All Sushi = \$4.50

Chicken Avocado

- Sushi Rice, Nori Seaweed, Avocado, Plain Chicken & Mayo

Avocado Cucumber

- Sushi Rice, Nori Seaweed, Avocado, Cucumber & Mayo

Tuna Avocado

- Sushi Rice, Nori Seaweed, Avocado & Cooked Tuna

Chicken Schnitzel Mayo

- Sushi Rice, Nori Seaweed, Avocado, Chicken Schnitzel & Mayo

Omelette Carrot Cucumber

- Sushi Rice, Nori Seaweed, Cucumber, Carrot, Omelette & Mayo



SANDWICH

Bread Type = \$2.00

- Bread, Roll or Wrap

• **GF Bread, Roll or Wrap Available \$3.00**

Meat = \$2.50ea

- Shredded Chicken
- Shaved Ham
- Sliced Roast Beef
- Mild Salami
- Chicken Schnitzel (\$5.00)

Salad = \$1.00ea

- Lettuce
- Tomato
- Egg
- Carrot
- Red Onion
- Avocado
- Cucumber
- Beetroot
- Pineapple
- Cheese

Condiments = \$0.70ea

- Mayonaise
- Vegemite
- Strawberry Jam
- Raspberry Jam

HOT FOOD

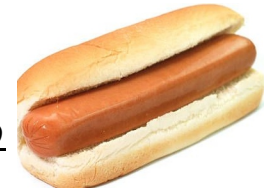


**Party Pies
& Rolls =
\$2.20 ea**



**Hot dog
= \$6.00**

• **GF Roll ADD
\$1.50**



**Hot dog -
No bun =
\$3.50**



Bolognese = \$6.50

- Home Made
- **GF PASTA Add \$ 1.50**

• Grated Cheese = \$0.50

• Lactose Free Cheese = \$1.50

Lasagna = \$7.50

• **GF PASTA Add \$ 1.50**



Steam Dim Sim = \$2.00

Meat Pie = \$6.00



**Jumbo Sausage Roll
= \$6.00**

Pastie = \$6.00



**Tomato/BBQ Sauce/Mustard
& Dressings = \$0.50**

