

My Lunch Club menu

Order at mylunchclub.com.au

What is in your lunchbox?

Each of our lunches comes in its own lunch bag & ice brick. Your child's name, school, special requirements and class information will be clearly labelled. Each lunch comes with 5 components:

1. **First snack** (whole fruit or vege stick) snack
2. **Main lunch** (choose our daily special or a count-on-them-to-eat sandwich/ wrap)
3. **Second snack** (choice of 3 home made snacks)
4. **Third snack** (choice of another 3 home made snacks)
5. **Crunchy snack** (a bonus cracker or pretzel snack)

There are 2 lunch box options to choose from:

Basic box

This is our no-hassle, simpler and less expensive lunch option. Using the same delicious ingredients, we build a delicious lunchbox for you- all you chose is the topping in the sandwich. Just grab and go for a low \$6.90.

Build your own box

Our flexible and versatile lunch option that makes lunch box packing an exciting event for you and your little one. The control is yours, allowing you to choose each and every item - all for an additional \$2.

First snack

We use seasonal fruit and vegies for our first snack option- we like to change it up, so sometimes it will be a whole piece, and sometimes cut options. Just some of the items you'll see throughout our menu include: Rockmelon, Apples, Watermelon, Oranges, Blueberries, Carrots, Snow peas, Cherry tomatoes, Celery and Cucumber

Main lunch

We've decided to keep our options open for some of the main lunch items, enabling us to use seasonal produce and mix things up a bit.

Pasta Pack: a variety of Pasta Salad options (nut free pesto pasta or a corn, feta, baby spinach and basil pasta with a lemon and olive oil dressing)

Savoury Muffin: Spinach & Feta or Corn & Zucchini

Vegeticious Pizza: Mini pizza base with veggie loaded passata sauce, fresh veg and cheese

Rocket Pockets: Puff pastry triangles filled with spinach & ricotta

Not-a-sausage roll: protein filled vegetarian sausage rolls

Slice-o-yum: A wholesome zucchini, vegetable, egg and cheese baked slice

Second & third snacks

We offer a range of healthy, delicious snack options to keep kids going throughout the day. We've purposefully kept the options varied so children can try different things, or choose the same snack if they prefer the predictability.

Trail Mix: Sultanas, dried apricots, dates, apples and a few pieces of dark chocolate

Yoghurty Crunch Cup: Greek vanilla yoghurt with a crunchy muesli topping

Bananarama Bread: A family staple, homemade banana bread

Bubble bar: a tasty treat with rice bubbles and chia seeds

Chocchini Brownie: a chocolate brownie with a hidden zucchini hit

Power bites: apricot & coconut bliss balls

Juicy Joy Cup: fresh fruit salad cup

Oaty Snaps: crunchy oat, chia and honey cookies

Cheese & Crackers: Cubes of tasty cheese with rice crackers

Mini vege munchy muffins: Mini savoury muffins with veges, cheese and herb