

LUNCH ORDERS

Do you want to end the school morning kitchen chaos and take the hassle out of the morning rush?

No more rummaging through the fridge and cupboards to find something fresh and healthy to pack in the lunch box!

There is now a hassle-free way to feed your hungry child/ren with freshly prepared meals from Good Food Grazing. We are thrilled to partner with LunchFox to embark on a mission to revolutionise school lunches, bringing fresh and delicious meals straight to your school door.

These fresh, healthy and cost-effective meals, simplify your life. Order the night before, week before or anytime within the current term. Your kids will love each meal filled with fresh and healthy ingredients. Meals can also be customised to suit most dietary requirements.

Enquire Today!

All of our catering is Gluten, Wheat and Oat Free and our Lunch Order Meals are Nut Free Too!

ABOUT GOOD FOOD GRAZING

Our mission is to deliver unique, hassle-free events and catering, which bring people together and your event vision to life.

We hope to create an environment where clients may relax, enjoy, and indulge; creating special memories and moments with friends, family, and colleagues.

Our services include:

- Grazing Boxes, Boards and Tables
- Baked Goods
- DIY Charcuterie Workshops
- School Lunch Orders
- Pop Up Picnics
- Birthday, Hens, Bridal & Baby Shower
- Set Up & Day of Wedding Coordinator



WWW.GOODFOODGRAZING.COM
GOODFOODGRAZING@GMAIL.COM

LUNCH ORDER INTE INTU

BY

GOOD FOOD GRAZING

ALL ORDERS TO BE
MADE THROUGH THE
LUNCHFOX APP.



HOMEMADE LUNCH

- CHEESY EGG & BACON FRITTATA (gf) \$ 4.80
- SAUSAGE ROLL (gf) \$ 4.80
- VEGETARIAN SAUSAGE ROLL (gf, v) \$ 4.80
- PUMPKIN ARANCINI (gf, v) \$ 4.80
- SANDWICHES**
- White, Wholemeal Bread, GF bread available
- Choice of Butter, Mayo or no spread
- Ham and Cheese \$ 4.60
- Cheese and Tomato \$ 4.60
- Chicken, Mayo and Lettuce \$ 5.50
- Egg, Mayo and Lettuce \$ 5.50
- Vegetite \$ 4.00

SOMETHING SUBSTANTIAL

- HOMEMADE HAWAIIAN PIZZA (gf) \$ 6.80
- HOMEMADE VEGETARIAN PIZZA (gf, v) \$ 6.80
- HOMEMADE FRIED RICE (gf, v) \$ 7.00
- HOMEMADE CAESAR SALAD (gf) \$ 7.00
- HOMEMADE PASTA BOLOGNESE (gf) \$ 7.50
- HOMEMADE BEEF LASAGNA (gf) \$ 8.80
- CHICKEN SCHNITZEL STRIPS WITH ROAST VEGETABLES AND FRESH SALAD (gf, df) \$ 9.00
- HOMEMADE VEG SOUP (gf, df, ve) \$ 6.60
- + ADD CHICKEN +\$ 0.50

FRUIT

- APPLE \$ 1.50
 - BANANA \$ 1.50
 - ORANGE \$ 1.50
 - WATERMELON \$ 3.00
 - PINEAPPLE \$ 3.00
 - FRUIT SALAD \$ 3.80
- selection of seasonal fruit and berries

VEGETABLES

- MIXED VEGETABLE STICKS \$ 3.80
- CARROT STICKS \$ 3.00
- CUCUMBER STICKS \$ 3.00
- CELERY STICKS \$ 3.00
- CHEERY TOMATOES \$ 3.00
- HUMMUS OR TZATZIKI TUB \$ 2.00

DAIRY

- CHEDDAR CHEESE CUBES \$ 3.00
- FRESH HALLOUMI BITES (gf) \$ 3.50
- CHEESE, CABANA AND CRACKERS \$ 4.50
- DF CHEESE, CABANA AND CRACKERS \$ 4.50
- VANILLA YOGHURT TUB \$ 3.00
- VANILLA YOGHURT TUB WITH BERRIES AND HOMEMADE BERRY SAUCE \$ 4.50

OTHER

- HOMEMADE PLAIN POPCORN (gf, df) \$ 2.50
- BOILED EGG (peeled) \$ 2.30



ALL ORDERS TO BE MADE THROUGH THE LUNCHFOX APP.

HOMEMADE TREATS

- MUFFIN OF THE DAY (gf, nut free) \$ 4.00
- DAIRY FREE MUFFIN (gf, df, nut free) \$ 4.00
- MINI: NYC STYLE COOKIES (gf) \$ 4.00
- BANANA BREAD (gf, df, nut free) \$ 4.50
- COCONUT CHOCOLATE BALLS (gf, df, ve, nut free) \$ 4.00
- LAMINGTON W/ STRAWBERRY JAM (gf, df, nut free) \$ 4.00
- CHOCOLATE BROWNIES (gf, df, nut free) \$ 4.00

NOURISH ME ALL DAY

OUR NOURISH ME ALL DAY \$ 15.00

LUNCH BOX INCLUDES:
 PICK 1 OPTION FROM EACH OF THE FOLLOWING CATEGORIES:
 LUNCH, FRUIT, VEGETABLE AND DAIRY + COCONUT CHOCOLATE BALLS & MINI DIP TUB.

+\$1.00 FOR WATERMELON, PINEAPPLE, FRUIT SALAD
 +\$1.80 FOR SOMETHING SUBSTANTIAL

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