

Eating meals in day order will ensure optimum freshness and nutritional balance.

Breakfast  
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Almond & Honey Oat Crunch with Peaches and Vanilla Yoghurt <b>Multigrain Toast</b> with Peanut Butter Fruit	<b>Bacon</b> , two Eggs and Fresh Breakfast Tomato on two slices of <b>Soy &amp; Linseed Toast</b> Orange Juice	Granola Clusters & Raisins with skim milk* Two slices of <b>Multigrain Toast</b> with Butter and Plum Jam Mandarin	Smokehouse Ham, Egg, Tasty Cheese and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b> Orange	Honey Muesli Flakes with skim milk* <b>Rye Toast</b> with Strawberry Jam Mixed Berry Yoghurt Fruit Salad Cup	<b>Pumpkin &amp; Corn Fritters</b> with <b>Bacon</b> , two Eggs, Cheese and Tomato Chutney Orange	<b>LARGER SERVE</b> Cranberry Coconut Crunch with Honey Yoghurt <b>Ciabatta Toast</b> with Apricot Jam Red Apple
<b>Optional</b>	Apple, Cranberry & Bran Flakes with skim milk* Toasted <b>Fruit Muffin</b> with Butter and Marmalade Orange	Nut Cluster Crunch with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam Red Apple	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese) on <b>Ciabatta Toast</b> with Butter Peach Cup	Fruity Almond Crunch with skim milk* Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite Red Apple	<b>Bacon</b> , two Eggs, Tasty Cheese and Tomato on a toasted <b>Multigrain Muffin</b> Mandarin	Almond Toasted Muesli with skim milk* <b>Fruit &amp; Grain Loaf</b> with Ricotta and Honey Green Apple	<b>Beans n' Bacon</b> with Cheese on two slices of <b>Wholemeal &amp; Seed Toast</b> Orange

Lunch  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Sliced Roast Chicken with Marinated Vegetable Salad, Balsamic Vinaigrette and a <b>Turkish Bread Roll</b> Red Apple Dried Apricots	Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing Fruit 9 Grain Crispbread with Butter and Vegemite Roasted Maple Walnuts & Cashews	Curried Egg Spread and Baby Leaf on a <b>Long Multigrain Roll</b> Peaches with Raspberry Sauce Cinnamon Oat Bar Corn Chips with Salsa Dip	<b>Spaghetti Carbonara</b> Peach & Pear Cup Mango Yoghurt Savoury Nut Mix	<b>LARGER MEAL</b> <b>Chicken Breast Fillet, Bacon</b> , Tomato and Mayonnaise on a <b>Grain Roll</b> Red Apple <b>Banana &amp; Date Muffin</b>	<b>Chicken &amp; Cashew Bowl</b> Peach Snack Cup Choc Cranberry Trail Mix Roasted Peanut & Savoury Mix	<b>Moroccan Lamb Hotpot</b> Mandarin <b>Savoury Muffin</b> Maple Coconut Crunch with Cranberries
<b>Optional</b>	<b>LARGER MEAL</b> Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Fruit Salad Cup Peanuts & Rice Crackers	Smoked Beef, Salad, Tasty Cheese and Mustard Relish in a <b>Sandwich Thin</b> Kiwifruit <b>Apple, Cherry &amp; Almond Cake</b> Mixed Nuts	<b>Beef &amp; Broccoli Stir Fry</b> Red Apple Vanilla Yoghurt with Yoghurt Sprinkle <b>Ricotta Spinach Cake</b>	<b>LARGER MEAL</b> Sliced Roast Chicken, Guacamole and Tomato in a Wrap Green Apple <b>Sweet Corn Fritters</b> with Tomato Jam	<b>Penne Pesto Pasta</b> Golden Raisin Mix Savoury Beer Nuts Classic Choc & Oats Bar	Smokehouse Ham, Tomato and Mayonnaise on a <b>Grain Roll</b> Kiwifruit Roasted Almonds <b>Apple &amp; Cranberry Muffin</b>	<b>LARGER MEAL</b> Sliced Chicken, Tomato and Cranberry Sauce sandwich on <b>Rye</b> Peach Snack Cup Popcorn
Additional snacks for both A & B options	<b>Chicken Noodle Soup</b> and two slices of <b>Ciabatta Toast</b> with Butter	<b>Creamy Tuscan Style Chicken</b> Sweetly Salted Popcorn	Date & Ginger Cookie Almond & Mango Fruit Mix	<b>Mexican Chicken Stack</b>	<b>Ricotta Spinach Cake</b> Choc Hazelnut & Fruit Mix	<b>Meatlovers Pasta Bake</b>	<b>Raspberry &amp; Apple Crumble</b> Cheese & Crackers



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



\* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer

1800

Week B

This menu is for delivery weeks starting  
4 Sept 2017 • 2 Oct 2017 • 30 Oct 2017

**Lite n' Easy**  
Simply eat well

Eating meals in day order will ensure optimum freshness and nutritional balance.

**Breakfast**  
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p><b>A</b></p> <p>Nut Cluster Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>A</b></p> <p>Honey Muesli Flakes with skim milk* <b>Bacon</b> and Egg Mayo on a toasted <b>Multigrain Muffin</b></p> <p>.....</p> <p>Fruit</p>	<p><b>A</b></p> <p>Granola Clusters &amp; Raisins with skim milk* <b>Rye Toast</b> with Plum Jam Mango Yoghurt</p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p><b>A</b></p> <p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Orange</p>	<p><b>A</b></p> <p>Fruity Almond Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Red Apple</p>	<p><b>A</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>A</b></p> <p>Almond Toasted Muesli with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Honey</p> <p>.....</p> <p>Orange Juice</p>
<b>Optional</b>	<p><b>B</b></p> <p><b>Bacon</b>, two Eggs, Tasty Cheese and Tomato on a toasted <b>Multigrain Muffin</b></p> <p>.....</p> <p>Mandarin</p>	<p><b>B</b></p> <p>Almond Toasted Muesli with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p><b>B</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p><b>LARGER SERVE</b> Cranberry Coconut Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Marmalade</p> <p>.....</p> <p>Pear Cup</p>	<p><b>B</b></p> <p>Eggs Benedict (Two Eggs, <b>Bacon</b>, Baby Spinach and Hollandaise Sauce on two slices of <b>Ciabatta Toast</b>)</p> <p>.....</p> <p>Orange Juice</p>	<p><b>B</b></p> <p>Nut Cluster Crunch with skim milk* <b>Rye Toast</b> with Apricot Jam Peach Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Creamy Cranberry &amp; Apple Oats Toasted <b>Fruit Muffin</b> with Butter and Strawberry Jam</p> <p>.....</p> <p>Green Apple</p>

**Lunch**  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p><b>LARGER MEAL</b> <b>A</b></p> <p><b>Chicken &amp; Ham</b> Wrap with Salad, Caesar Dressing and Parmesan Cheese Vanilla Pears with Orange Syrup <b>Sweet Corn Fritters</b> with Tomato Jam</p>	<p><b>A</b></p> <p><b>Roast Chicken &amp; Sweet Potato</b> Salad with Fetta Cheese and French Vinaigrette Orange <b>Ciabatta Toast</b> with Smashed Avocado and Tomato Peanuts, Almonds &amp; Cashews</p>	<p><b>A</b></p> <p>Asian Chicken Slaw with Tamari Flecks and Soy &amp; Mirin Dressing Mandarin Dry Roasted Almonds <b>Apple &amp; Cranberry Muffin</b></p>	<p><b>A</b></p> <p><b>Beef Nachos</b> with Fresh Tomato Salsa and melted Cheese Red Apple <b>Banana &amp; Apple Bread</b> Beer Nuts</p>	<p><b>A</b></p> <p><b>Dahl Curry with Rice</b> Fruit Salad Cup ..... Multigrain Rice Crackers with Salsa Dip Choc Hazelnut &amp; Fruit Mix</p>	<p><b>A</b></p> <p><b>Spaghetti Bolognese</b> Mandarin ..... Flame Raisins &amp; Almonds <b>Apple &amp; Sultana Pancake</b></p>	<p><b>A</b></p> <p><b>Seasoned Chicken with Mushroom Risotto</b> Red Apple ..... Mango Yoghurt Peanuts &amp; Rice Crackers</p>
<b>Optional</b>	<p><b>B</b></p> <p><b>Tuna Mornay Pasta Bake</b> Orange ..... <b>Double Chocolate Cake</b> Almonds, Pretzels &amp; Peanuts</p>	<p><b>B</b></p> <p>Classic Supreme <b>Pizza</b> with melted Cheese Peach Cup ..... Popcorn Cinnamon Oat Bar</p>	<p><b>B</b></p> <p><b>Roast Lamb</b> Red Apple ..... Fruit &amp; Nut Cookie Savoury Nut Mix</p>	<p><b>B</b></p> <p><b>Pumpkin Soup</b> with two slices of <b>Oat &amp; Rye Toast</b> and Butter Sunshine Fruit Mix ..... Cheese &amp; Crackers <b>Walnut &amp; Date Cake</b></p>	<p><b>B</b></p> <p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Green Apple ..... Mixed Berry Yoghurt Roasted Maple Walnuts &amp; Cashews</p>	<p><b>B</b></p> <p>Sliced Roast Chicken, Guacamole and Tomato in a Wrap Kiwifruit ..... Choc Cranberry Trail Mix 9 Grain Crispbread with Butter and Vegemite</p>	<p><b>B</b></p> <p>Roast Beef, Tomato and Corn Relish sandwich on <b>Rye</b> Orange ..... Cashews &amp; Cranberries Mixed Grain Crackers</p>
Additional snacks for both A & B options	<p>Savoury Beer Nuts <b>Ciabatta Toast</b> with Guacamole and Tomato</p>	<p><b>Roast Chicken Penne</b></p>	<p><b>Apricot Pudding</b> Mixed Nuts</p>	<p><b>Chicken Teriyaki</b></p>	<p><b>Spinach &amp; Fetta Muffin</b> Tropical Beer Nuts</p>	<p><b>Tomato Soup</b> and two slices of <b>Ciabatta Toast</b> with Butter</p>	<p><b>Pulled Texas BBQ Lamb</b></p>



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



\* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer

\*1800 Calories when combined with your Lite n' Easy dinner

Order online at [liteneasy.com.au](http://liteneasy.com.au)

Eating meals in day order will ensure optimum freshness and nutritional balance.

**Breakfast**  
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p><b>Fresh Omelette</b> (Two Eggs, Ham &amp; Tomato Mix and Cheese) with two slices of <b>Ciabatta Toast</b> and Butter</p> <p><b>Fresh Fruit</b></p>	<p><b>Rice Porridge</b>, Ricotta and Pears &amp; Pecans in Maple Syrup</p> <p><b>Soy &amp; Linseed Toast</b> with Peanut Butter</p>	<p><b>Bacon</b>, two Eggs and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>Peach Snack Cup</p>	<p><b>Fruity Almond Crunch</b> with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Apricot Jam</p> <p>Orange</p>	<p><b>LARGER SERVE</b> <b>Cranberry Coconut Crunch</b> with skim milk*</p> <p><b>Multigrain Toast</b> with Butter and Vegemite</p> <p>Mandarin</p>	<p><b>Bacon</b>, two Eggs, Tasty Cheese and Tomato on a toasted <b>Multigrain Muffin</b></p> <p>Orange</p>	<p><b>Apple, Cranberry &amp; Bran Flakes</b> with skim milk*</p> <p>Two slices of <b>Multigrain Toast</b> with Butter and Strawberry Jam</p> <p>Red Apple</p>
<b>Optional</b>	<p>Granola Clusters &amp; Raisins with skim milk*</p> <p><b>Rye Toast</b> with Plum Jam</p> <p>Mixed Berry Yoghurt</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Multigrain Toast</b> with Butter and Marmalade</p> <p>Kiwifruit</p>	<p>Almond Oat Crunch with skim milk*</p> <p>Toasted <b>Fruit Muffin</b> with Butter and Strawberry Jam</p> <p>Red Apple</p>	<p><b>Bacon</b>, two Eggs and Fresh Breakfast Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>Green Apple</p>	<p><b>Pumpkin &amp; Corn Fritters, Bacon</b>, two Eggs, Cheese and Tomato Chutney</p> <p>Fruit Salad Cup</p>	<p>Almond Toasted Muesli with skim milk*</p> <p><b>Wholemeal &amp; Seed Toast</b> with Apricot Jam</p> <p>Mango Yoghurt</p> <p>Green Apple</p>	<p><b>Beans n' Bacon</b> with Cheese on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>Orange</p>

**Lunch**  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<p><b>Sliced Roast Chicken</b> with Crispy Noodle Salad and Vietnamese Vinaigrette</p> <p>Fruit</p> <p>Date &amp; Ginger Cookie</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p><b>Chargrilled Lamb</b> with Greek Style Salad, Fetta and Creamy Dressing</p> <p>Tropical Crush</p> <p>Mixed Grain Crackers</p> <p><b>Spinach &amp; Fetta Muffin</b></p>	<p>Chicken Dim Sims with Canton Dressing</p> <p>Orange</p> <p><b>Banana &amp; Date Muffin</b></p> <p>Mixed Nuts</p>	<p><b>Creamy Chicken &amp; Risoni</b></p> <p>Pear Cup</p> <p>Peach Yoghurt</p> <p>Roasted Peanut &amp; Savoury Mix</p>	<p><b>LARGER MEAL</b> <b>Beef Burger with Caramelised Onion</b>, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b></p> <p>Red Apple</p> <p>Classic Choc &amp; Oats Bar</p>	<p><b>Italian Spaghetti &amp; Meatballs</b></p> <p>Golden Raisin Mix</p> <p>Beer Nuts</p> <p><b>Sultana Tea Cake</b></p>	<p><b>Sweet Chicken Curry</b></p> <p>Peach &amp; Pear Cup</p> <p>Popcorn</p> <p>Choc Cranberry Trail Mix</p>
<b>Optional</b>	<p><b>Baked Potato Bolognais</b></p> <p>Red Apple</p> <p>Corn Chips with Salsa Dip</p> <p><b>Sweet Pumpkin Mini Muffin</b></p>	<p><b>Chicken Noodle Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Orange</p> <p><b>Apple &amp; Sultana Pancake</b></p> <p>Peanuts, Almonds &amp; Cashews</p>	<p>Tasty Cheese, Salad and Caramelised Onion in a <b>Sandwich Thin</b></p> <p>Peach Cup</p> <p><b>Sweet Corn Fritters</b> with Tomato Jam</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Salmon, Baby Cucumber and Mayonnaise on a <b>Long Multigrain Roll</b></p> <p>Mandarin</p> <p>Choc Hazelnut &amp; Fruit Mix</p> <p><b>Ciabatta Toast</b> with Guacamole and Tomato</p>	<p><b>Chicken Teriyaki</b></p> <p>Orange</p> <p>Savoury Beer Nuts</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p>Sliced Chicken, Tomato and Mayonnaise in a Wrap</p> <p>Mandarin</p> <p><b>Banana &amp; Apple Bread</b></p> <p>Roasted Almonds</p>	<p>Corned Beef, Tomato and Mustard Relish sandwich on <b>Multigrain</b></p> <p>Kiwifruit</p> <p>Mango Yoghurt</p> <p>Tropical Beer Nuts</p>
<b>Additional snacks for both A &amp; B options</b>	<p>Almonds, Pretzels &amp; Peanuts</p> <p>Choc Berry Fusion</p>	<p><b>Beef &amp; Broccoli Stir Fry</b></p>	<p>Roasted Maple Walnuts &amp; Cashews</p> <p><b>Apple, Cherry &amp; Almond Cake</b></p>	<p><b>Pea &amp; Ham Soup</b> and <b>Ciabatta Toast</b> with Butter</p>	<p><b>Double Choc Berry Pudding</b></p> <p>Peanuts &amp; Rice Crackers</p>	<p><b>Hokkien Stir Fry Noodles</b></p> <p>Almond &amp; Mango Fruit Mix</p>	<p>Savoury Nut Mix</p> <p><b>Double Chocolate Cake</b></p>



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



\* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



**Items in red are stored in the freezer**

Eating meals in day order will ensure optimum freshness and nutritional balance.

Breakfast  
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	Two Eggs, Tomato & Spinach, Smashed Avocado and Fetta Cheese on two slices of <b>Oat &amp; Rye Toast</b>	Apple, Cranberry & Bran Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter (2) and Vegemite	Nut Cluster Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Honey Peach Yoghurt	Honey Muesli Flakes with skim milk* Eggs Benedict (Eggs, Bacon, Baby Spinach and Hollandaise Sauce on <b>Ciabatta Toast</b> )	Fruity Almond Crunch with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Strawberry Jam	Almond Toasted Muesli with skim milk* <b>Pikelets</b> with <b>Strawberry Compote</b> and Honey Yoghurt	Granola Clusters & Raisins with skim milk* Two slices of <b>Rye Toast</b> with Butter and Plum Jam
<b>Optional</b>	<b>Fresh Fruit</b>	Fruit	Fruit Salad Cup	Red Apple	Orange	Mandarin	Peach Snack Cup
<b>Popular</b>	Granola Clusters & Raisins with skim milk* Toasted <b>Fruit Muffin</b> with Butter and Plum Jam	Berry Bircher Muesli with Honey Yoghurt <b>Multigrain Toast</b> with Apricot Jam	Fruity Almond Crunch with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin</b> Toastie	Almond Oat Crunch with skim milk* <b>Multigrain Toast</b> with Marmalade Vanilla Yoghurt	Apple, Cranberry & Bran Flakes with skim milk* <b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney	Creamy Almond & Vanilla Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite	<b>Tasty Beef Mix</b> , Egg and Cheese on two slices of <b>Wholemeal &amp; Seed Toast</b>
<b>Optional</b>	Peach Snack Cup	Orange	Red Apple	Kiwifruit	Mandarin	Orange Juice	Green Apple

Lunch  
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Popular</b>	<b>Warm Chicken &amp; Cous Cous</b> Moroccan Salad with Yoghurt Dressing Peaches & Apricots	BBQ Chicken & Ham <b>Pizza</b> with melted Cheese Sweet Pineapple Bites	<b>Lightly Spiced Chicken</b> with a Mixed Spinach Salad and French Vinaigrette Mandarin	<b>Shepherd's Pie</b>	<b>Broccoli &amp; Chicken Pasta Bake</b> Fruit Salad Cup	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise in a Wrap Sunshine Fruit Mix	<b>Roast Chicken &amp; Gravy</b> Red Apple
<b>Optional</b>	Tropical Beer Nuts <b>Apple, Cherry &amp; Almond Cake</b>	Mixed Grain Crackers Flame Raisins & Almonds	<b>Apple Crumble</b> Roasted Almonds	Pear, Prune & Apple Combo with Vanilla Yoghurt and Slivered Almonds <b>Savoury Muffin</b>	Cheese & Crackers <b>Sweet Pumpkin Mini Muffin</b>	Sweetly Salted Popcorn Choc Berry Fusion	<b>Double Chocolate Cake</b> Cashews & Cranberries
<b>Popular</b>	Smokehouse Ham, Salad and Mayonnaise in a Wrap Green Apple	<b>Tasmanian Salmon Risotto</b> Kiwifruit	<b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter Peach & Pear Cup	<b>Roast Chicken Tender</b> , Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Mandarin	Smoked Beef, Tomato and Fruit Chutney sandwich on <b>Soy &amp; Linseed</b> Green Apple	<b>Spaghetti Bolognese</b> Red Apple	Roast Beef, Tomato and Corn Relish sandwich on <b>Multigrain</b> Orange
<b>Optional</b>	<b>Corn &amp; Parmesan Muffin</b> Choc Hazelnut & Fruit Mix	Classic Choc & Oats Bar Roasted Peanut & Savoury Mix	Maple Coconut Crunch with Cranberries 9 Grain Crispbread with Butter and Vegemite	Beer Nuts Fruit & Nut Cookie	Mango Yoghurt <b>Spinach &amp; Fetta Muffin</b>	Almond & Mango Fruit Mix <b>Ciabatta Toast</b> with Peanut Butter	Multigrain Rice Crackers with Salsa Dip Flame Raisins & Almonds
<b>Additional snacks for both A &amp; B options</b>	<b>Rice Pudding</b> Savoury Beer Nuts	<b>Roast Lamb</b>	Smokehouse Ham, Cheese and Tomato on <b>Soy &amp; Linseed Toast</b>	<b>Indian Chicken Rice</b>	<b>Pumpkin Soup</b> with two slices of <b>Oat &amp; Rye Toast</b> with Butter	<b>Sweet Corn Fritters</b> with Tomato Jam Roasted Almonds	Peanuts, Almonds & Cashews <b>Sultana Tea Cake</b>



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



\* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer