

Week A
1200

This menu is for delivery weeks starting
27 February 2017 • 27 March 2017 • 24 April 2017

Lite n' Easy
Simply eat well

Breakfast
and morning snack

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	Bacon and Egg Mayo on a toasted Multigrain Muffin	Nut Cluster Crunch with skim milk* Multigrain Toast with Apricot Jam	Eggs Benedict (Egg, Bacon , Baby Spinach and Hollandaise Sauce on Ciabatta Toast)	Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Plum Jam	Granola Clusters & Crimson Raisins with skim milk* Mango Yoghurt	Two Eggs and Tomato on Wholemeal & Seed Toast	Fruity Almond Crunch with skim milk* Rye Toast with Strawberry Jam
	Fruit	Fresh Fruit	Orange Juice	Red Apple	Peach & Pear Cup	Red Apple	Orange
Optional	LARGER SERVE Cranberry Coconut Crunch with skim milk*	Two Eggs and Tomato on Soy & Linseed Toast	Berry Bircher Muesli with Honey Yoghurt	Toasted Fruit Muffin with Butter and Apricot Jam	Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin	Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt	Bacon , Egg and Tomato on Wholemeal & Seed Toast
	Fruit Salad Cup	Red Apple	Kiwifruit	Orange	Green Apple	Orange	Red Apple

Lunch
and afternoon snack

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	Chicken & Roasted Tomato Pasta Salad	Sliced Chicken Breast with Crispy Noodle Salad and Vietnamese Dressing	Chicken Nachos with Fresh Tomato Salsa and melted Cheese	NEW Roast Chicken & Gravy	Spaghetti Bolognese	LARGER MEAL Sliced Roast Chicken Breast, Guacamole and Tomato in a Wrap	NEW Creamy Chicken & Risoni
	Fruit	Peaches with Raspberry Sauce	Red Apple	Fruit Salad Cup	Orange	Golden Raisin Mix	Pear Cup
Optional	Double Chocolate Cake	NEW Dry Roasted Almonds	NEW Mixed Berry Yoghurt	Date & Ginger Cookie	Roasted Peanut & Savoury Mix	Multigrain Rice Crackers with Salsa Dip	
	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Wholemeal & Seed	Tuna, Baby Cucumber and Mayonnaise Sandwich on Multigrain	Smoked Beef, Tomato and Fruit Chutney Sandwich on Soy & Linseed	Smokehouse Ham, Salad and Mayonnaise on a Grain Roll	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll	Pumpkin Soup with two slices of Oat & Rye Toast	Corned Beef, Tomato and Mustard Relish Sandwich on Soy & Linseed
Red Apple	Orange	Pear Cup	Kiwifruit	Kiwifruit	Peach Snack Cup	Green Apple	
Dried Apricots	Passionfruit Yoghurt	Savoury Popped Sorghum Mix	Mixed Nuts	Mixed Nuts	Banana & Apple Bread	9 Grain Crispbread with Butter and Vegemite	NEW Tropical Peanuts



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



* You supply 1.75 litres of skim milk a week (1 cup a day)



Eating meals in day order will ensure optimum freshness & nutritional balance

Order online at liteneasy.com.au

Week B
1200

This menu is for delivery weeks starting
6 March 2017 • 3 April 2017 • 1 May 2017

Lite n' Easy
Simply eat well

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Almond & Honey Oat Crunch with Peaches and Vanilla Yoghurt	Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Peanut Butter	Pikelets with Strawberry Compote and Honey Yoghurt	Bacon , Egg and Tomato on a toasted Multigrain Muffin	LARGER SERVE Cranberry Coconut Crunch with skim milk*	Bacon & Zucchini Bread , Egg and Tomato Chutney	Almond Toasted Muesli with skim milk* Passionfruit Yoghurt
	Fruit	Fresh Fruit	Red Apple	Orange	Pear Cup	Dried Apricots	Fruit Salad Cup
Optional	Toasted Fruit Muffin with Butter and Apricot Jam	Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast	Nut Cluster Crunch with skim milk* Rye Toast with Marmalade	Granola Clusters & Crimson Raisins with skim milk* Multigrain Toast with Butter and Vegemite	Two Eggs and Tomato on Soy & Linseed Toast	Fruity Almond Crunch with skim milk* Mango Yoghurt	Bacon , Egg and Tomato on a toasted Multigrain Muffin
	Red Apple	Orange Juice	Orange	Peach Cup	Green Apple	Kiwifruit	Orange

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Warm Chicken & Cous Cous Moroccan Salad with Yoghurt Dressing	Sliced Roast Chicken Breast, Salad and Mild Chipotle Mayonnaise (Portuguese Style) in a Wrap Tropical Crush Vanilla Yoghurt	Sliced Roast Chicken Breast on a Mixed Spinach Salad with Croutons and French Vinaigrette Peach & Pear Cup	Margherita Pizza topped with Bocconcini Golden Raisin Mix	Steak & Mushroom Pie Red Apple	Aromatic Chicken Curry Peach Snack Cup	NEW Cheesy Bacon & Semi Dried Tomato Pasta Red Apple
	Fruit	Tropical Crush	Peach & Pear Cup	Golden Raisin Mix	Red Apple	Peach Snack Cup	Red Apple
Optional	LARGER MEAL Roast Beef, Beetroot, Baby Spinach and Caramelised Onion Sandwich on Soy & Linseed	Smokehouse Ham, Tomato and Mayonnaise on a Grain Roll Red Apple	Tomato Soup with two slices of Ciabatta Toast Kiwifruit	LARGER MEAL Sliced Chicken Breast, Salad and Cranberry Sauce Sandwich on Rye	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed Peach Snack Cup	Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed	NEW Salmon, Tomato and Mayonnaise on a Long Multigrain Roll Sunshine Fruit Mix
	Cinnamon Oat Bar	Vanilla Yoghurt	Apricot Pudding	Fresh Cut Carrots	Mixed Nuts	Choc Cranberry Trail Mix	Corn Chips with Salsa Dip
	Fruit Salad Cup	Double Chocolate Cake	Popcorn	Red Apple	Sweet Pumpkin Mini Muffin	Orange NEW Mixed Berry Yoghurt	Almond & Mango Fruit Mix



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Week C
1200

This menu is for delivery weeks starting
13 March 2017 • 10 April 2017 • 8 May 2017

Lite n' Easy
Simply eat well

Breakfast
and morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese)	Granola Clusters & Crimson Raisins with skim milk*	Bacon , Egg and Fresh Breakfast Tomato on Multigrain Toast	Apple, Cranberry & Bran Flakes with skim milk*	Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast	Fruity Almond Crunch with skim milk*	LARGER SERVE Cranberry Coconut Crunch with skim milk*
	Fruit	Fresh Fruit	Red Apple	Orange Juice	Red Apple	Peach Cup	Orange
Optional	Nut Cluster Crunch with skim milk*	Two Eggs and Tomato on Soy & Linseed Toast	Almond Toasted Muesli with skim milk*	Toasted Fruit Muffin with Butter and Marmalade	Honey Muesli Flakes with skim milk*	Bacon and Egg on Multigrain Toast	Smokehouse Ham, Cheese and Tomato on a toasted Multigrain Muffin
	Orange	Red Apple	Kiwifruit	Green Apple	Dried Apricots	Orange	Red Apple

Lunch
and afternoon snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Asian Chicken Salad with Crispy Noodles and Sesame Soy Dressing	Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing	Chicken & Cashew Bowl	NEW LARGER MEAL Hawaiian Chicken and Salad Wrap	Moroccan Lamb Hotpot	LARGER MEAL Chicken Breast Fillet, Bacon, Tomato and Mayonnaise on a Grain Roll	Asian Meatballs with Rice
	Vanilla Pears with Orange Syrup	Fruit	Apricots & Pears	Red Apple	Peach Snack Cup	Golden Raisin Mix	Fruit Salad Cup
Optional	Passionfruit Yoghurt	Sweet Pumpkin Mini Muffin <small>*Week of April 10 Hot Cross Bun</small>	Popcorn	Red Apple	Lavosh Crackers and Cheese	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed	NEW Tropical Peanuts
	LARGER MEAL Smoked Beef, Tasty Cheese and Mustard Relish Sandwich on Rye	Penne Pesto Pasta Peach & Pear Cup	Smokehouse Ham, Tomato and Mayonnaise on a Grain Roll	Corned Beef, Baby Spinach and Mustard Relish Sandwich on Wholemeal & Seed	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll	Green Apple	Tuna, Tomato and Mayonnaise Sandwich on Multigrain
	Red Apple	Ciabatta Toast with Guacamole and Tomato	Green Apple	Fruit Salad Cup	Kiwifruit	Mango Yoghurt	Kiwifruit
			Sultana Tea Cake	Multigrain Rice Crackers with Salsa Dip	Fruit & Nut Cookie		Ricotta Spinach Cake <small>*Week of April 10 Hot Cross Bun</small>



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Items in red are stored in the freezer

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Week D
1200

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20 March 2017 • 17 April 2017 • 15 May 2017

Lite n'Easy
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Breakfast
and morning snack

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	NEW Egg, Tomato & Spinach with Guacamole on Oat & Rye Toast	Honey Muesli Flakes with skim milk*	Two Eggs and Tomato on a toasted Multigrain Muffin	Almond Toasted Muesli with skim milk* NEW Mixed Berry Yoghurt	Bacon , Egg and Tomato on Soy & Linseed Toast	Granola Clusters & Crimson Raisins with skim milk* Rye Toast with Plum Jam	Creamy Almond & Vanilla Oats Multigrain Toast with Peanut Butter
	Fruit	Fruit	Orange	Peach & Pear Cup	Red Apple	Peach Snack Cup	Red Apple
Optional	Apple, Cranberry & Bran Flakes with skim milk* Passionfruit Yoghurt	Toasted Fruit Muffin with Butter and Plum Jam	LARGER SERVE Cranberry Coconut Crunch with skim milk*	Tasty Beef Mix with Cheese on Multigrain Toast	Honey Muesli Flakes with skim milk* Wholemeal & Seed Toast with Marmalade	Smokehouse Ham, Tasty Cheese and Tomato on Soy & Linseed Toast	Fruity Almond Crunch with skim milk* Rye Toast with Apricot Jam
	Orange Juice	Red Apple	Fruit Salad Cup	Orange	Kiwifruit	Red Apple	Peach Snack Cup

Lunch
and afternoon snack

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular	Chicken & Bacon Caesar Wrap with Salad, Mayo and Parmesan Cheese Sweet Pineapple Bites	Roast Chicken & Sweet Potato Salad with Fetta and French Vinaigrette Fresh Fruit	Chicken Dim Sims with Canton Dressing	LARGER MEAL Beef Burger with Caramelised Onion , Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll	Seasoned Chicken with Mushroom Risotto Pear Cup	NEW Creamy Chicken Pasta with Broccolini Sunshine Fruit Mix	Shepherd's Pie Kiwifruit
	Almond & Mango Fruit Mix	Peanuts, Almonds & Cashews	Pear & Apple Combo with Almonds & Sultanas and Vanilla Yoghurt	Red Apple	Sweetly Salted Popcorn	Banana & Apple Bread	9 Grain Crispbread with Butter and Vegemite
Optional	Salmon, Baby Cucumber and Mayonnaise on a Long Multigrain Roll	Corned Beef, Tomato and Mustard Relish Sandwich on Multigrain Green Apple	Smokehouse Ham, Tomato and Mayonnaise Sandwich on Wholemeal & Seed Kiwifruit	Chicken Noodle Soup with two slices of Ciabatta Toast Golden Raisin Mix	Roast Beef, Baby Cucumber and Corn Relish Sandwich on Wholemeal & Seed Green Apple	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed Orange	Sliced Roast Chicken Breast, Tomato and Mayonnaise in a Wrap Green Apple
	Lavosh Crackers and Cheese	Vanilla Yoghurt	Roasted Peanut & Savoury Mix	Corn Chips	Choc Hazelnut & Fruit Mix	NEW Dry Roasted Almonds	Light Fruit Cake



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