

Week A

1500

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

Apple, Cranberry & Bran Flakes with skim milk*
Bacon and Egg Mayo on a toasted **Multigrain Muffin**

.....
Fruit

Optional

LARGER SERVE
Cranberry Coconut Crunch with Vanilla Yoghurt
Ciabatta Toast with Butter and Vegemite

.....
Fruit Salad Cup

Nut Cluster Crunch with skim milk*
Two slices of **Multigrain Toast** with Butter and Apricot Jam

.....
Fresh Fruit

Optional

Smokehouse Ham, two Eggs and Tomato on two slices of **Soy & Linseed Toast**

.....
Red Apple

Eggs Benedict (Two Eggs, **Bacon**, Baby Spinach and Hollandaise Sauce on two slices of **Ciabatta Toast**)

.....
Orange Juice

Optional

Berry Bircher Muesli with Honey Yoghurt
Wholemeal & Seed Toast with Butter and Strawberry Jam

.....
Kiwifruit

Honey Muesli Flakes with skim milk*
Two slices of **Soy & Linseed Toast** with Butter and Plum Jam

.....
Red Apple

Optional

Almond Oat Crunch with skim milk*
Toasted **Fruit Muffin** with Butter and Apricot Jam

.....
Orange

Granola Clusters & Crimson Raisins with skim milk*
Fruit & Grain Loaf with Butter
Mango Yoghurt

.....
Peach & Pear Cup

Optional

Nut Cluster Crunch with skim milk*
Smokehouse Ham, Tasty Cheese and Tomato on a toasted **Multigrain Muffin**

.....
Green Apple

Two Eggs and Tomato on two slices of **Wholemeal & Seed Toast** with Butter

.....
Red Apple

Optional

Apple, Cranberry & Bran Flakes with skim milk*
Soy & Linseed Toast with Butter and Marmalade
Vanilla Yoghurt

.....
Orange

Fruity Almond Crunch with skim milk*
Two slices of **Rye Toast** with Butter and Strawberry Jam

.....
Orange

Optional

Bacon, two Eggs and Tomato on two slices of **Wholemeal & Seed Toast**

.....
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
Fruit

.....
Double Chocolate Cake
Popcorn

Optional

Tasty Cheese, Tomato and Caramelised Onion Sandwich on **Wholemeal & Seed**
Red Apple

.....
Dried Apricots
Peanuts, Almonds & Cashews

Sliced Chicken Breast with Crispy Noodle Salad and Vietnamese Dressing
Peaches with Raspberry Sauce
NEW Dry Roasted Almonds
Apple & Sultana Pancake

.....
Optional

Tuna, Baby Cucumber and Mayonnaise Sandwich on **Multigrain**
Orange

.....
Passionfruit Yoghurt
Roasted Maple Walnuts & Cashews

Chicken Nachos with Fresh Tomato Salsa and melted Cheese
Red Apple
NEW Mixed Berry Yoghurt
Maple Coconut Crunch with Cranberries

.....
Optional

Smoked Beef, Tomato and Fruit Chutney Sandwich on **Soy & Linseed**
Pear Cup

.....
Savoury Popped Sorghum Mix
Cinnamon Oat Bar

NEW **Roast Chicken & Gravy**
Fruit Salad Cup

.....
Date & Ginger Cookie
Lavosh Crackers and Cheese

Optional

Smokehouse Ham, Salad and Mayonnaise on a **Grain Roll**
Kiwifruit

.....
Mixed Nuts
Walnut & Date Cake

Spaghetti Bolognese
Orange

.....
Roasted Peanut & Savoury Mix
Classic Choc & Oats Bar

Optional

Roast Chicken Tender, Tomato and Mayonnaise on a **Long Multigrain Roll**
Peach Snack Cup

.....
Banana & Apple Bread
Almonds, Pretzels & Peanuts

LARGER MEAL
Sliced Roast Chicken Breast, Guacamole and Tomato in a Wrap

.....
Golden Raisin Mix
Spinach & Fetta Muffin

Optional

Pumpkin Soup with two slices of **Oat & Rye Toast**
Red Apple

.....
9 Grain Crispbread with Butter and Vegemite
Choc Hazelnut & Fruit Mix

NEW **Creamy Chicken & Risoni**
Pear Cup

.....
Multigrain Rice Crackers with Salsa Dip
Apple & Cranberry

Optional

Corned Beef, Tomato and Mustard Relish Sandwich on **Soy & Linseed**
Green Apple

.....
NEW Tropical Peanuts
Sweetly Salted Popcorn



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
1500

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
Soy & Linseed Toast with Plum Jam

Fruit

Apple, Cranberry & Bran Flakes with skim milk*
Two slices of **Multigrain Toast** with Peanut Butter and Strawberry Jam

Fresh Fruit

Honey Muesli Flakes with skim milk*
Pikelets with **Strawberry Compote** and Honey Yoghurt

Red Apple

Bacon, two Eggs, Tomato and Tasty Cheese on a toasted **Multigrain Muffin**

Orange

LARGER SERVE
Cranberry Coconut Crunch with Honey Yoghurt
Ciabatta Toast and Strawberry Jam

Pear Cup

Nut Cluster Crunch with skim milk*
Bacon & Zucchini Bread, Egg and Tomato Chutney

Dried Apricots

Almond Toasted Muesli with skim milk*
Rye Toast with Apricot Jam
Passionfruit Yoghurt

Fruit Salad Cup

Optional

Almond Toasted Muesli with skim milk*
Toasted **Fruit Muffin** with Butter and Apricot Jam

Red Apple

Fruity Almond Crunch with skim milk*
Smokehouse Ham, Tasty Cheese and Tomato on **Wholemeal & Seed Toast**

Orange Juice

Nut Cluster Crunch with skim milk*
Two slices of **Rye Toast** with Butter and Marmalade

Orange

Granola Clusters & Crimson Raisins with skim milk*
Two slices of **Multigrain Toast** with Butter (2) and Vegemite

Peach Cup

Apple, Cranberry & Bran Flakes with skim milk*
Two Eggs and Tomato on two slices of **Soy & Linseed Toast**

Green Apple

Fruity Almond Crunch with skim milk*
Wholemeal & Seed Toast with Butter and Plum Jam
Mango Yoghurt

Kiwifruit

Bacon, two Eggs and Tomato on a toasted **Multigrain Muffin**

Orange

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular

Warm Chicken & Cous Cous
Moroccan Salad with Yoghurt Dressing
Fruit

Cinnamon Oat Bar
Peanuts & Rice Crackers

Sliced Roast Chicken Breast, Salad and Mild Chipotle Mayonnaise (Portuguese Style) in a Wrap
Tropical Crush

Vanilla Yoghurt
Cashews & Cranberries

Sliced Roast Chicken Breast on a Mixed Spinach Salad with Croutons and French Vinaigrette
Peach & Pear Cup

Apricot Pudding
Savoury Nut Mix

Margherita **Pizza** topped with Boccconcini
Golden Raisin Mix

Fresh Cut Carrots

Banana & Date Muffin

Steak & Mushroom Pie
Red Apple

Mixed Nuts
Apple, Cherry & Almond Cake

Aromatic Chicken Curry
Peach Snack Cup

Choc Cranberry Trail Mix
Sweetly Salted Popcorn

NEW **Cheesy Bacon & Semi Dried Tomato Pasta**
Red Apple

Corn Chips with Salsa Dip
Fruit & Nut Cookie

Optional

LARGER MEAL
Roast Beef, Beetroot, Baby Spinach and Caramelised Onion Sandwich on **Soy & Linseed**
Fruit Salad Cup
Sweet Corn Fritters with Tomato Jam

Smokehouse Ham, Tomato and Mayonnaise on a **Grain Roll**
Red Apple

NEW **Double Chocolate Cake**
Dry Roasted Almonds

Tomato Soup with two slices of **Ciabatta Toast**
Kiwifruit

Popcorn
Apple & Sultana Pancake

LARGER MEAL
Sliced Chicken Breast, Salad and Cranberry Sauce Sandwich on **Rye**

Red Apple
Lavosh Crackers and Cheese

Tasty Cheese, Tomato and Caramelised Onion Sandwich on **Soy & Linseed**
Peach Snack Cup

Sweet Pumpkin Mini Muffin
Roasted Peanut & Savoury Mix

Corned Beef, Tomato and Mustard Relish Sandwich on **Wholemeal & Seed**
Orange

NEW Mixed Berry Yoghurt
Sultana Tea Cake

Salmon, Tomato and Mayonnaise on a **Long Multigrain Roll**
Sunshine Fruit Mix

Almond & Mango Fruit Mix
Ricotta Spinach Cake



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



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Items in red are stored in the freezer

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

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Week C
1500

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) with two slices of **Ciabatta Toast**

.....

Fruit

Optional

Nut Cluster Crunch with skim milk*
Two slices of **Rye Toast** with Butter and Strawberry Jam

.....

Orange

Granola Clusters & Crimson Raisins with skim milk*
Two slices of **Rye Toast** with Butter and Apricot Jam

.....

Fresh Fruit

Optional

Smokehouse Ham, two Eggs and Tomato on two slices of **Soy & Linseed Toast**

.....

Red Apple

Bacon, two Eggs and Fresh Breakfast Tomato on two slices of **Multigrain Toast**

.....

Red Apple

Optional

Almond Toasted Muesli with skim milk*
Two slices of **Wholemeal & Seed Toast** with Butter (2) and Vegemite

.....

Kiwifruit

Apple, Cranberry & Bran Flakes with skim milk*
Rye Toast with Butter and Strawberry Jam
Vanilla Yoghurt

.....

Orange Juice

Optional

Almond Oat Crunch with skim milk*
Toasted **Fruit Muffin** with Butter and Marmalade

.....

Green Apple

Smokehouse Ham, Egg, Tasty Cheese and Tomato on two slices of **Wholemeal & Seed Toast**

.....

Red Apple

Optional

Honey Muesli Flakes with skim milk*
Rye Toast with Apricot Jam
NEW Mixed Berry Yoghurt

.....

Dried Apricots

Fruity Almond Crunch with skim milk*
Two slices of **Soy & Linseed Toast** with Butter and Plum Jam

.....

Peach Cup

Optional

Bacon and two Eggs on two slices of **Multigrain Toast**

.....

Orange

LARGER SERVE
Cranberry Coconut Crunch with Honey Yoghurt
Ciabatta Toast with Apricot Jam

.....

Orange

Optional

Granola Clusters & Crimson Raisins with skim milk*
Smokehouse Ham, Cheese and Tomato on a toasted

.....

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
Vanilla Pears with Orange Syrup
Passionfruit Yoghurt
Pikelets with Strawberry Jam

LARGER MEAL

Smoked Beef, Tasty Cheese and Mustard Relish Sandwich on **Rye**

.....

Red Apple

Peanuts & Rice Crackers

Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing
Fruit

Sweet Pumpkin Mini Muffin

NEW Dry Roasted Almonds
EASTER SPECIAL *Week of April 10 **Hot Cross Bun**

Optional

Penne Pesto Pasta
Peach & Pear Cup

Ciabatta Toast with Guacamole and Tomato
Classic Choc & Oats Bar

Chicken & Cashew Bowl
Apricots & Pears

.....

Popcorn
Choc Berry Fusion

Optional

Smokehouse Ham, Tomato and Mayonnaise on a **Grain Roll**
Green Apple

Sultana Tea Cake
Savoury Popped Sorghum Mix

NEW LARGER MEAL
Hawaiian Chicken and Salad Wrap

.....

Red Apple
Almonds, Pretzels & Peanuts

Optional

Corned Beef, Baby Spinach and Mustard Relish Sandwich on **Wholemeal & Seed Toast**
Fruit Salad Cup

Multigrain Rice Crackers with Salsa Dip
Choc Cranberry Trail Mix

Moroccan Lamb Hotpot
Peach Snack Cup

.....

Lavosh Crackers and Cheese
Double Chocolate Cake

Optional

Roast Chicken Tender, Tomato and Mayonnaise on a **Long Multigrain Roll**
Kiwifruit

Fruit & Nut Cookie
Spinach & Fetta Muffin

LARGER MEAL
Chicken Breast Fillet, Bacon, Tomato and Mayonnaise on a Grain Roll

.....

Golden Raisin Mix
Roasted Peanut & Savoury Mix

Optional

Tasty Cheese, Tomato and Caramelised Onion Sandwich on **Soy & Linseed**
Green Apple

Mango Yoghurt
Banana & Apple Bread

Asian Meatballs with Rice
Fruit Salad Cup

NEW Tropical Peanuts
9 Grain Crispbread with Butter and Vegemite

Optional

Tuna, Tomato and Mayonnaise Sandwich on **Multigrain**
Kiwifruit

Ricotta Spinach Cake
Maple Coconut Crunch with Cranberries

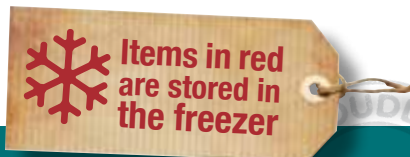
EASTER SPECIAL *Week of April 10 **Hot Cross Bun**



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



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Week D
1500

This menu is for delivery weeks starting
20 March 2017 • 17 April 2017 • 15 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

NEW Two Eggs, Tomato & Spinach with Guacamole and Fetta Cheese on two slices of **Oat & Rye Toast**

Fruit

Optional

Apple, Cranberry & Bran Flakes with skim milk*
Multigrain Toast with Strawberry Jam
Passionfruit Yoghurt

Orange Juice

Honey Muesli Flakes with skim milk*

Two slices of **Wholemeal & Seed Toast** with Butter (2) and Vegemite

Fruit

Fruity Almond Crunch with skim milk*

Toasted **Fruit Muffin** with Butter and Plum Jam

Red Apple

Nut Cluster Crunch with skim milk*

Two Eggs and Tomato on a toasted **Multigrain Muffin**

Orange

LARGER SERVE

Cranberry Coconut Crunch with skim milk*

Soy & Linseed Toast with Honey

Fruit Salad Cup

Almond Toasted Muesli with skim milk*

Toasted **Fruit Muffin** with Apricot Jam

NEW Mixed Berry Yoghurt

Peach & Pear Cup

Tasty Beef Mix with Egg and Cheese on two slices of **Multigrain Toast**

Orange

Bacon, two Eggs and Tomato on two slices of **Soy & Linseed Toast**

Red Apple

Honey Muesli Flakes with skim milk*

Two slices of **Wholemeal & Seed Toast** with Butter and Marmalade

Kiwifruit

Granola Clusters & Crimson Raisins with skim milk*

Two slices of **Rye Toast** with Butter and Plum Jam

Peach Snack Cup

Smokehouse Ham, Egg, Tasty Cheese and Tomato on two slices of **Soy & Linseed Toast**

Red Apple

Creamy Almond & Vanilla Oats

Two slices of **Multigrain Toast** with Peanut Butter and Strawberry Jam

Red Apple

Fruity Almond Crunch with skim milk*

Two slices of **Rye Toast** with Butter and Apricot Jam

Peach Snack Cup

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Popular

NEW **Chicken & Bacon** Caesar Wrap with Salad, Mayo and Parmesan Cheese

Almond & Mango Fruit Mix
Multigrain Rice Crackers with Salsa Dip

Optional

Salmon, Baby Cucumber and Mayonnaise on a **Long Multigrain Roll**

Red Apple

Lavosh Crackers & Cheese
Choc Berry Fusion

Roast Chicken & Sweet Potato Salad with Fetta Cheese and French Vinaigrette

Fresh Fruit

Peanuts, Almonds & Cashews
Cinnamon Oat Bar

Corned Beef, Tomato and Mustard Relish Sandwich on **Multigrain**

Green Apple

Vanilla Yoghurt
Popcorn

Chicken Dim Sims with Canton Dressing

Pear & Apple Combo with Almonds & Sultanas and Vanilla Yoghurt

Sweet Corn Fritters with Tomato Jam

Smokehouse Ham, Tomato and Mayonnaise Sandwich on **Wholemeal & Seed**

Kiwifruit

Roasted Peanut & Savoury Mix

Sweet Pumpkin Mini Muffin

LARGER MEAL

Beef Burger with **Caramelised Onion**, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a **Grain Roll**

Red Apple
Mixed Nuts

Chicken Noodle Soup with two slices of **Ciabatta Toast**

Golden Raisin Mix

Corn Chips
Cashews & Cranberries

Seasoned Chicken with **Mushroom Risotto**

Pear Cup

Sweetly Salted Popcorn

Walnut & Date Cake

Roast Beef, Baby Cucumber and Corn Relish Sandwich on **Wholemeal & Seed**

Green Apple

Choc Hazelnut & Fruit Mix

Corn & Parmesan Muffin

NEW **Creamy Chicken Pasta** with **Broccoli**ini

Sunshine Fruit Mix

Banana & Apple Bread

Savoury Popped Sorghum Mix

Tasty Cheese, Tomato and Caramelised Onion Sandwich on **Soy & Linseed**

Orange

NEW Dry Roasted Almonds
Date & Ginger Cookie

Shepherd's Pie

Kiwifruit

9 Grain Crispbread with Butter and Vegemite

Roasted Maple Walnuts & Cashews

Sliced Roast Chicken Breast, Tomato and Mayonnaise in a Wrap

Green Apple

Light Fruit Cake
Savoury Nut Mix

Lunch
and afternoon snack

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