

Week A

1800

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

Lunch and afternoon snacks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken & Roasted Tomato Pasta Salad</p> <p>.....</p> <p>Fruit</p> <p>Double Chocolate Cake</p> <p>Popcorn</p>	<p>Sliced Chicken Breast with Crispy Noodle Salad and Vietnamese Dressing</p> <p>Peaches with Raspberry Sauce</p> <p>Dry Roasted Almonds</p> <p>Apple & Sultana Pancake</p>	<p>Chicken Nachos with Fresh Tomato Salsa and melted Cheese</p> <p>Red Apple</p> <p>Mixed Berry Yoghurt</p> <p>Maple Coconut Crunch</p>	<p>NEW Roast Chicken & Gravy</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Date & Ginger Cookie</p> <p>Lavosh Crackers and Cheese</p>	<p>Spaghetti Bolognese</p> <p>Orange</p> <p>.....</p> <p>Roasted Peanut & Savoury Mix</p> <p>Classic Choc & Oats Bar</p>	<p>LARGER MEAL</p> <p>Sliced Roast Chicken Breast, Guacamole and Tomato in a Wrap</p> <p>.....</p> <p>Golden Raisin Mix</p> <p>Spinach & Fetta Muffin</p>	<p>NEW Creamy Chicken & Risoni</p> <p>Pear Cup</p> <p>.....</p> <p>Multigrain Rice Crackers with Salsa Dip</p> <p>Apple & Cranberry</p>
Optional	<p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Wholemeal & Seed</p> <p>Red Apple</p> <p>.....</p> <p>Dried Apricots</p> <p>Peanuts, Almonds & Cashews</p>	<p>Tuna, Baby Cucumber and Mayonnaise Sandwich on Multigrain</p> <p>Orange</p> <p>.....</p> <p>Passionfruit Yoghurt</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Smoked Beef, Tomato and Fruit Chutney Sandwich on Soy & Linseed</p> <p>Pear Cup</p> <p>.....</p> <p>Savoury Popped Sorghum Mix</p> <p>Cinnamon Oat Bar</p>	<p>Smokehouse Ham, Salad and Mayonnaise on a Grain Roll</p> <p>Kiwifruit</p> <p>.....</p> <p>Mixed Nuts</p> <p>Walnut & Date Cake</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll</p> <p>Peach Snack Cup</p> <p>Banana & Apple Bread</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Pumpkin Soup with two slices of Oat & Rye Toast</p> <p>Red Apple</p> <p>.....</p> <p>9 Grain Crispbread with Butter and Vegemite</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Corned Beef, Tomato and Mustard Relish Sandwich on Soy & Linseed</p> <p>Green Apple</p> <p>NEW Tropical Peanuts</p> <p>Sweetly Salted Popcorn</p>
Additional snacks for both A & B options	Chicken Teriyaki	Rice Pudding Savoury Nut Mix	Penne Pesto Pasta Choc Cranberry Trail Mix	Sweet Corn Fritters with Tomato Jam Fruit & Nut Cookie	Chicken & Cashew Bowl	Banana & Date Muffin Peanuts & Rice Crackers	Moroccan Lamb Hotpot



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)



Items in red are stored in the freezer

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

Order online at liteneasy.com.au

Week B
1800

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

Lunch
and afternoon snacks

	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 Bocconcini 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	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 Double Chocolate Cake NEW 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
Additional snacks for both A & B options	Seasoned Chicken with Mushroom Risotto	Peanuts, Almonds & Cashews Date & Ginger Cookie	Shepherd's Pie Banana & Apple Bread	Chicken Noodle Soup with two slices of Ciabatta Toast and Butter	Hokkien Stir Fry Noodles Choc Hazelnut & Fruit Mix	Apple Crumble Roasted Almonds	Classic Choc & Oats Bar Peanuts, Almonds & Cashews



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Week C
1800

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	Granola Clusters & Crimson Raisins with skim milk* Two slices of Rye Toast with Butter and Apricot Jam	Bacon , two Eggs and Fresh Breakfast Tomato on two slices of Multigrain Toast	Apple, Cranberry & Bran Flakes with skim milk* Rye Toast with Butter and Strawberry Jam Vanilla Yoghurt	Smokehouse Ham, Egg, Tasty Cheese and Tomato on two slices of Wholemeal & Seed Toast	Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam	LARGER SERVE Cranberry Coconut Crunch with Honey Yoghurt Ciabatta Toast with Apricot Jam
	Optional	Fruit	Fresh Fruit	Red Apple	Orange Juice	Red Apple	Peach Cup
Optional	Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam	Smokehouse Ham, two Eggs and Tomato on two slices of Soy & Linseed Toast	Almond Toasted Muesli with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite	Almond Oat Crunch with skim milk* Toasted Fruit Muffin with Butter and Marmalade	Honey Muesli Flakes with skim milk* Rye Toast with Apricot Jam NEW Mixed Berry Yoghurt	Bacon and two Eggs on two slices of Multigrain Toast	Granola Clusters & Crimson Raisins with skim milk* Smokehouse Ham, Cheese and Tomato on a toasted Multigrain Muffin
	Optional	Orange	Red Apple	Kiwifruit	Green Apple	Dried Apricots	Orange

Lunch
and afternoon snacks

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

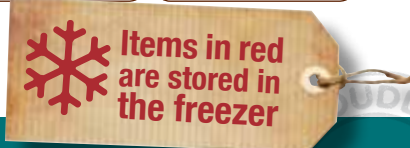
Popular	Asian Chicken Salad with Crispy Noodles and Sesame Soy Dressing Vanilla Pears with Orange Syrup Passionfruit Yoghurt Pikelets with Strawberry Jam	Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing Fruit Sweet Pumpkin Mini Muffin Dry Roasted Almonds NEW EASTER SPECIAL *Week of April 10 Hot Cross Bun	Chicken & Cashew Bowl Apricots & Pears Popcorn Choc Berry Fusion	NEW LARGER MEAL Hawaiian Chicken and Salad Wrap Red Apple Almonds, Pretzels & Peanuts	Moroccan Lamb Hotpot Peach Snack Cup Lavosh Crackers and Cheese Double Chocolate Cake	LARGER MEAL Chicken Breast Fillet , Bacon , Tomato and Mayonnaise on a Grain Roll Golden Raisin Mix Roasted Peanut & Savoury Mix	Asian Meatballs with Rice Fruit Salad Cup NEW Tropical Peanuts 9 Grain Crispbread with Butter and Vegemite
	Optional	LARGER MEAL Smoked Beef, Tasty Cheese and Mustard Relish Sandwich on Rye Red Apple Peanuts & Rice Crackers	Penne Pesto Pasta Peach & Pear Cup Ciabatta Toast with Guacamole and Tomato Classic Choc & Oats Bar	Smokehouse Ham, Tomato and Mayonnaise on a Grain Roll Green Apple Sultana Tea Cake Savoury Popped Sorghum Mix	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	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Kiwifruit Fruit & Nut Cookie Spinach & Fetta Muffin	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed Green Apple Mango Yoghurt Banana & Apple Bread
Additional snacks for both A & B options	Pulled Texas BBQ Lamb	Spaghetti Bolognaise	Apple & Cranberry Muffin Mixed Nuts	Corn Chips Raspberry & Apple Crumble	Pumpkin Soup with two slices of Ciabatta Toast and Butter	Peanuts, Almonds & Cashews Cinnamon Oat Bar	Mexican Chicken Stack



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Week D
1800

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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	Honey Muesli Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite	Nut Cluster Crunch with skim milk* Two Eggs and Tomato on a toasted Multigrain Muffin	Almond Toasted Muesli with skim milk* Toasted Fruit Muffin with Apricot Jam NEW Mixed Berry Yoghurt	Bacon , two Eggs and Tomato on two slices of Soy & Linseed Toast	Granola Clusters & Crimson Raisins with skim milk* Two slices of Rye Toast with Butter and Plum Jam	Creamy Almond & Vanilla Oats Two slices of Multigrain Toast with Peanut Butter and Strawberry Jam
	Optional	Fruit	Fruit	Orange	Peach & Pear Cup	Red Apple	Peach Snack Cup
Optional	Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Strawberry Jam Passionfruit Yoghurt	Fruity Almond Crunch with skim milk* Toasted Fruit Muffin with Butter and Plum Jam	LARGER SERVE Cranberry Coconut Crunch with skim milk* Soy & Linseed Toast with Honey	Tasty Beef Mix with Egg and Cheese on two slices of Multigrain Toast	Honey Muesli Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Marmalade	Smokehouse Ham, Egg, Tasty Cheese and Tomato on two slices of Soy & Linseed Toast	Fruity Almond Crunch with skim milk* Two slices of Rye Toast with Butter and Apricot Jam
	Orange Juice	Red Apple	Fruit Salad Cup	Orange	Kiwifruit	Red Apple	Peach Snack Cup

Lunch
and morning snacks

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	Roast Chicken & Sweet Potato Salad with Fetta Cheese and French Vinaigrette	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	NEW Creamy Chicken Pasta with Broccolini	Shepherd's Pie
	Almond & Mango Fruit Mix Multigrain Rice Crackers with Salsa Dip	Fresh Fruit Peanuts, Almonds & Cashews Cinnamon Oat Bar	Pear & Apple Combo with Almonds & Sultanas and Vanilla Yoghurt Sweet Corn Fritters with Tomato Jam	Red Apple Mixed Nuts	Pear Cup Sweetly Salted Popcorn Walnut & Date Cake	Sunshine Fruit Mix Banana & Apple Bread Savoury Popped Sorghum Mix	Kiwifruit 9 Grain Crispbread with Butter and Vegemite Roasted Maple Walnuts & Cashews
Optional	Salmon, Baby Cucumber and Mayonnaise on a Long Multigrain Roll	Corned Beef, Tomato and Mustard Relish Sandwich on Multigrain	Smokehouse Ham, Tomato and Mayonnaise Sandwich on Wholemeal & Seed	Chicken Noodle Soup with two slices of Ciabatta Toast	Roast Beef, Baby Cucumber and Corn Relish Sandwich on Wholemeal & Seed	Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed	Sliced Roast Chicken Breast, Tomato and Mayonnaise in a Wrap Green Apple
	Red Apple Lavosh Crackers & Cheese Choc Berry Fusion	Green Apple Vanilla Yoghurt Popcorn	Kiwifruit Roasted Peanut & Savoury Mix Sweet Pumpkin Mini Muffin	Golden Raisin Mix Corn Chips Cashews & Cranberries	Green Apple Choc Hazelnut & Fruit Mix Corn & Parmesan Muffin	Orange NEW Dry Roasted Almonds Date & Ginger Cookie	Light Fruit Cake Savoury Nut Mix
Additional snacks for both A & B options	Peanuts & Rice Crackers Double Chocolate Cake	Pikelets with Strawberry Jam NEW Tropical Peanuts	Baked Potato Bolognaise Fruit & Nut Cookie	Almonds, Pretzels & Peanuts Double Choc Berry Pudding	Sesame Beef Noodles	Tomato Soup with two slices of Ciabatta Toast and Butter	Chicken Tikka



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