



AUTUMN 2010

1200 calorie menus

Breakfast & Lunch

13 15 12

www.liteneasy.com.au

THE GOOD FOOD COMPANY



Lite n' Easy



Lite n' Easy Mini Meals, Meals in a Bowl and Desserts

Delicious Extras (for very little extra)

At Lite n' Easy we're always looking for ways to keep your commitment to eating well interesting and fun. These special selections have been created to do just that! So go on, add a little something extra to your next Lite n' Easy order and enjoy all the taste and variety you've come to expect from Australia's favourite good food company.

Desserts
4 for
\$8



Mini Meals
4 for
\$24



Meals
in a Bowl
5 for
\$25



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13 15 12
www.liteneasy.com.au



Ordering is e@sy:

Take a moment to record your Lite n' Easy delivery and ID details.
This information will make it even easier to order your Lite n' Easy selections.

My delivery day is:

My cut off day for ordering is 11am (10am WA, 12pm NSW):

My customer ID number is:

If you are unsure about any of the information above please call us on 13 15 12 to confirm your details.

Internet orders:

Ordering online is easy and can be done at a time that suits you.

My username:

My password:

Using your new autumn menu

- To select the OPTIONAL lunch and/or breakfast for any day, simply contact us by 11am (10am WA, 12pm NSW) the day prior to your delivery day.
- You supply 2.5 litres of skim milk weekly (1.5 cups per day).
- Items in RED type are FROZEN products which can be found in your freezer.
- For nutritional balance and freshness, eat the breakfasts and lunches on the specified days.

Due to product availability and seasonal changes, some items listed may vary from those that you receive.

New for Autumn

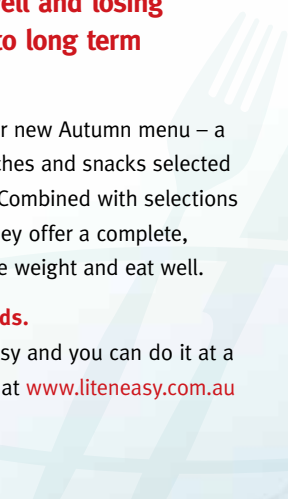
Welcome

When it comes to eating well and losing weight, variety is the key to long term success.

That's why we have introduced our new Autumn menu – a delicious range of breakfasts, lunches and snacks selected to suit this beautiful time of year. Combined with selections from Lite n' Easy's dinner menu they offer a complete, balanced and delicious way to lose weight and eat well.

Try it online and reap the rewards.

Ordering online is so quick and easy and you can do it at a time that suits you. Simply log on at www.liteneasy.com.au and follow the instructions.



1200

Week A

Order from this menu if your delivery is for the week
08/03/10
05/04/10
03/05/10

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➔ order online at www.liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Vanilla Crunch Cereal with skim milk* Grain Toast with Vegemite	Fruit n Muesli Toast with Spread Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Soy & Linseed Toast with Strawberry Jam	Apple & Cinnamon Oats with skim milk* Soy & Linseed Toast with Peanut Butter	Egg, Bacon & Tomato on Grain Toast	Classic Fruit Muesli with skim milk* Greek Style Forest Berry Yoghurt	Ham, Tomato & Cheese Omelette Soy & Linseed Toast with Marmalade
POPULAR MORNING SNACK	Mandarin	Melon Medley	Fruit Salad	Red Apple	Fruit Cup, Peach	Orange	Fruit Cup, Pear
OR							
OPTIONAL BREAKFASTS	Grilled Cheese & Tomato on a Toasted Multigrain Muffin	Weet Bix with skim milk* Egg on Grain Toast	Toasted Fruit Muffin with Spread	Classic Fruit Muesli with skim milk* Grain Toast with Vegemite	Fruit n Bran Cereal with skim milk* Grain Toast with Apricot Jam	Baked Beans on Soy & Linseed Toast	Weet Bix with skim milk* Soy & Linseed Toast with Honey
OPTIONAL MORNING SNACK	Fruit Cup, Peach	Orange	Red Apple	Green Apple	Red Apple	Red Apple	Orange

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Honey Mustard Chicken Salad Fruit Salad	Pineapple Supreme Pizza Red Apple	Greek Meatballs with Salad & Cucumber Raita in a Wrap Apricot Snack Pack	Pesto Chicken Tender with Salad, Basil Dressing & Croutons Apple & Vanilla Custard	Hamburger with Cheese, Salad and Tomato Sauce on a Sour Dough Roll Mandarin	Chicken Cacciatore Pasta Fruit Cup, Two Fruits	Hoisin Beef Noodles Red Apple
POPULAR AFTERNOON SNACK	Corn Chips with Salsa Dip	Yoghurt Muesli Bar	Greek Style Passionfruit Yoghurt	Sultana & Date Cookie	Popcorn	Light Fruit Cake	Cracker & Nut Mix
OR							
OPTIONAL LUNCHES	Corned Beef & Mustard Relish on a Sour Dough Roll Red Apple	Cheese & Caramelised Onion Chutney Multigrain Sandwich Fruit Cup, Peach	Tuna, Tomato & Mayonnaise on a Soy & Linseed Roll Orange	Smoked Beef & Fruit Chutney on a Sour Dough Roll Fruit Cup, Pear	Spicy Chicken Laksa Fruit Medley	Ham & Tomato Multigrain Sandwich Apricot Snack	Sliced Turkey & Cranberry Sauce on a Long Grain Roll Green Apple
OPTIONAL AFTERNOON SNACK	Apple & Cranberry Muffin	Soy Nuts	Chocolate Muesli Bar	Crunchy Noodle Snack	Long Grain Roll with Vegemite	Ricotta Spinach Cake	Muesli Cookie

1200

Week B

Order from this menu if your delivery is for the week
 15/03/10
 12/04/10
 10/05/10

➔ order online at www.liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Fruit n Bran Cereal with skim milk* Soy & Linseed Toast with Honey	Bircher Muesli Soy & Linseed Toast with Marmalade	Weet Bix with skim milk* Fruit n Muesli Toast with Spread	Ham, Cheese & Tomato on a Toasted Multigrain Muffin	Classic Fruit Muesli with skim milk* Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Grain Toast with Vegemite	Egg, Bacon & Tomato on Soy & Linseed Toast
POPULAR MORNING SNACK	Melon Medley	Mandarin	Fruit Salad	Orange	Mandarin	Fruit Cup, Two Fruits	Red Apple
OR							
OPTIONAL BREAKFASTS	Toasted Multigrain Muffin with Apricot Jam	Vanilla Crunch Cereal with skim milk* Grain Toast with Vegemite	Baked Beans on Grain Toast	Classic Fruit Muesli with skim milk* Grain Toast with Strawberry Jam	Toasted Multigrain Muffin with Peanut Butter	Cheese & Tomato Toasted Multigrain Sandwich	Weet Bix with skim milk* Soy & Linseed Toast with Marmalade
OPTIONAL MORNING SNACK	Fruit Cup, Peach	Red Apple	Green Apple	Fruit Cup, Two Fruits	Fruit Cup, Pear	Red Apple	Orange

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Crispy Noodle Salad with Asian Rissoles & Sweet Chilli & Sesame Dressing Red Apple	Chicken & Curried Rice Salad Fruit Salad	Seasoned Chicken Tender with Salad & Mayonnaise in a Wrap Orange	Neapolitan Meatballs & Salad on a Long Grain Roll Red Apple	Chicken Burger with Salad & Caramelised Onion Chutney on a Sour Dough Roll Kiwifruit	Shepherds Pie Orange	Roast Chicken Linguine Fruit Cup, Peach
POPULAR AFTERNOON SNACK	Biscuits with Pate	Greek Style Passionfruit Yoghurt	Fruit & Nut Bar	Tropical Nut Mix	Citrus Sultana Oat Biscuit	Apple & Cranberry Muffin	Ricotta Spinach Cake
OR							
OPTIONAL LUNCHES	Smoked Chicken & Mayonnaise on a Sour Dough Roll Orange	Smokey Bacon & Tomato Pasta Kiwifruit	Ham, Cheese & Tomato on a Soy & Linseed Roll Red Apple	Cheese & Caramelised Onion Chutney Multigrain Sandwich Apricot Snack Pack	Tuna, Tomato & Mayonnaise on a Soy & Linseed Roll Red Apple	Sliced Turkey & Cranberry Sauce on a Long Grain Roll Fruit Medley	Corned Beef, Tomato & Mustard Relish Multigrain Sandwich Green Apple
OPTIONAL AFTERNOON SNACK	Spinach & Fetta Muffin	Small Grain Roll with Cheese & Tomato	Rice Crackers	Chocolate Muesli Bar	Popcorn	Spicy Fruit Biscuits	Fruit n Nut Mix

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1200

Week C

Order from this menu if your delivery is for the week
22/03/10
19/04/10
17/05/10

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Lite n' Easy

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Vanilla Crunch Cereal with skim milk* Grilled Cheese on Grain Toast	Fruit n Muesli Toast with Spread Vanilla Yoghurt	Egg & Bacon on Soy & Linseed Toast	Pikelets with Fruit Compote	Weet Bix with skim milk* Ham & Tomato on Soy & Linseed Toast	Fruit n Bran Cereal with skim milk* Grain Toast with Vegemite	Ham, Tomato & Cheese Omelette Soy & Linseed Toast with Strawberry Jam
POPULAR MORNING SNACK	Orange	Melon Medley	Red Apple	Greek Style Forest Berry Yoghurt	Orange	Fruit Cup, Pear	Red Apple
OR							
OPTIONAL BREAKFASTS	Baked Beans on Soy & Linseed Toast	Apple & Cinnamon Oats with skim milk* Grain Toast with Vegemite	Weet Bix with skim milk* Soy & Linseed Toast with Strawberry Jam	Cheese & Tomato Toasted Soy & Linseed Sandwich	Toasted Multigrain Muffin with Peanut Butter	Egg on Soy & Linseed Toast with Spread	Classic Fruit Muesli with skim milk* Grain Toast with Vegemite
OPTIONAL MORNING SNACK	Red Apple	Fruit Cup, Peach	Orange	Orange	Fruit Cup, Pear	Red Apple	Orange

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Seasoned Chicken Tender with Chopped Salad & Garlic Lemon Vinaigrette Fruit Salad	Beef Burrito & Salad Wrap Red Apple	Dijon Chicken & Pasta Salad Fruit Salad	Thai Chicken Cakes with Asian Coleslaw & Chilli Plum Dressing Red Apple	Mediterranean Vegetable & Meatball Pasta Apple & Vanilla Custard	Veggie Burger with sliced Tomato & Sweet Chilli Sauce on a Sour Dough Roll Mandarin	Chicken Alfredo Fruit Cup, Two Fruits
POPULAR AFTERNOON SNACK	Raspberry & Apple Crumble	Soy Nuts	Muesli Cookie	Apple & Sultana Pancake	Chocolate Muesli Bar	Greek Style Forest Berry Yoghurt	Crunchy Noodle Snack
OR							
OPTIONAL LUNCHES	Baked Potato Bolognese Green Apple	Sliced Turkey & Tomato on a Soy & Linseed Roll Apricot Snack Pack	Tuna, Tomato, Salad & Mayonnaise Multigrain Sandwich Kiwifruit	Corned Beef & Mustard Relish on a Soy & Linseed Roll Fruit Cup, Two Fruits	Smoked Chicken & Cranberry Sauce on a Soy & Linseed Roll Red Apple	Smoked Beef, Tomato & Caramelised Onion Chutney on a Sour Dough Roll Fruit Medley	Cheese & Fruit Chutney on a Long Grain Roll Green Apple
OPTIONAL AFTERNOON SNACK	Small Grain Roll with Cheese	Yoghurt Muesli Bar	Corn Chips with Salsa Dip	Cracker & Nut Mix	Walnut & Date Cake	Biscuits with Pate	Sultana & Date Cookie

1200

Week D

Order from this menu if your delivery is for the week
29/03/10
26/04/10
24/05/10

➔ order online at www.liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Bircher Muesli Grain Toast with Marmalade	Fruit n Bran Cereal with skim milk* Greek Style Passionfruit Yoghurt	Classic Fruit Muesli with skim milk* Soy & Linseed Toast with Vegemite	Egg & Tomato on a Toasted Multigrain Muffin	Weet Bix with skim milk* Grain Toast with Peanut Butter	Corn Fritters with Bacon & Tomato Grain Toast with Peanut Butter	Fruit n Muesli Toast with Spread Vanilla Yoghurt
POPULAR MORNING SNACK	Mandarin	Red Apple	Fruit Salad	Fruit Cup, Peach	Black Forest Pears	Red Apple	Orange
OR							
OPTIONAL BREAKFASTS	Egg on a Toasted Multigrain Muffin	Cheese & Tomato Toasted Soy & Linseed Sandwich	Toasted Fruit Muffin with Spread	Weet Bix with skim milk* Grain Toast with Peanut Butter	Baked Beans on Soy & Linseed Toast	Fruit n Bran Cereal with skim milk* Grain Toast with Apricot Jam	Classic Fruit Muesli with skim milk* Grain Toast with Vegemite
OPTIONAL MORNING SNACK	Red Apple	Fruit Cup, Pear	Red Apple	Red Apple	Fruit Cup, Two Fruits	Green Apple	Kiwifruit

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Sweet Chilli Beef & Noodle Salad Melon Medley	Egg Spread & Baby Spinach on a Long Grain Roll Fruit Salad	Greek Meatballs & Chunky Potato Salad Red Apple	Soy Chicken Tender with Salad & Hoisin Dressing in a Wrap Mandarin	Broccoli & Chicken Pasta Bake Red Apple	Hamburger with sliced Tomato & Beetroot Relish on a Sour Dough Roll Orange	Chicken Chow Mein Fruit Cup, Pear
POPULAR AFTERNOON SNACK	Walnut & Date Cake	Roasted Chick Peas	Spicy Fruit Biscuits	Greek Style Forest Berry Yoghurt	Rice Crackers with Salsa Dip	Fruit n Nut Mix	Spinach & Fetta Muffin
OR							
OPTIONAL LUNCHES	Sliced Turkey & Cranberry Sauce Multigrain Sandwich Fruit Cup, Peach	Penne Pesto Pasta Apricot Snack Pack	Tuna, Tomato & Mayonnaise on a Long Grain Roll Orange	Smoked Beef & Tomato on a Soy & Linseed Roll Fruit Medley	Corned Beef & Mustard Relish on a Sour Dough Roll Red Apple	Cheese & Fruit Chutney on a Soy & Linseed Roll Orange	Ham, Cheese & Tomato on a Sour Dough Roll Green Apple
OPTIONAL AFTERNOON SNACK	Cheese & Biscuits	Small Grain Roll with Peanut Butter	Fruit & Nut Bar	Light Fruit Cake	Tropical Nut Mix	Apple & Sultana Pancake	Citrus Sultana Oat Biscuit

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