

AUTUMN 2010

1500 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

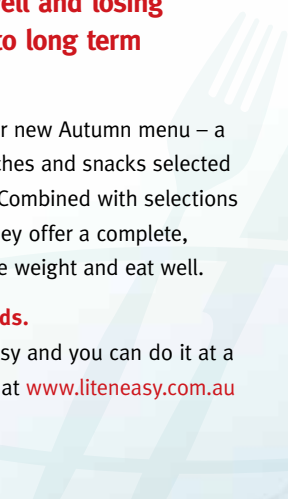
Welcome

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.



1500

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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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Vanilla Crunch Cereal with skim milk* Baked Beans on Grain Toast	Two slices of Fruit n Muesli Toast with Spread Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Two slices of Soy & Linseed Toast with Strawberry Jam	Apple & Cinnamon Oats with skim milk* Two slices of Soy & Linseed Toast with Peanut Butter & Honey	Two Eggs, Bacon & Tomato with a Toasted Multigrain Muffin	Classic Fruit Muesli with skim milk* Grain Toast with Vegemite Greek Style Forest Berry Yoghurt	Fruit n Bran Cereal with skim milk* 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	Apple & Cinnamon Oats with skim milk* Grilled Cheese & Tomato on a Toasted Multigrain Muffin	Weet Bix with skim milk* Two Eggs on Grain Toast with Spread	Ham, Tomato & Cheese Omelette Toasted Fruit Muffin with Spread	Classic Fruit Muesli with skim milk* Two slices of Grain Toast with Spread & Vegemite	Fruit n Bran Cereal with skim milk* Two slices of Grain Toast with Spread & Apricot Jam	Baked Beans & Cheese on two slices of Soy & Linseed Toast	Weet Bix with skim milk* Two slices of Soy & Linseed Toast with Spread & 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 & 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 Citrus Sultana Oat Biscuit	Spinach & Fetta Muffin Yoghurt Muesli Bar	Greek Style Passionfruit Yoghurt Apple & Sultana Pancake	Fruit n Nut Mix Sultana & Date Cookie	Popcorn Walnut & Date Cake	Cheese & Biscuits Light Fruit Cake	Baked Vegetable Pattie with Sweet Chilli Sauce 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 Pack	Sliced Turkey & Cranberry Sauce on a Long Grain Roll Green Apple
OPTIONAL AFTERNOON SNACK	Cracker & Nut Mix Apple & Cranberry Muffin	Spicy Fruit Biscuits Soy Nuts	Mediterranean Omelette Chocolate Muesli Bar	Crunchy Noodle Snack Vanilla Yoghurt	Long Grain Roll with Vegemite Fruit & Nut Bar	Ricotta Spinach Cake Banana & Date Muffin	Corn Chips Muesli Cookie

1500

Week B

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

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Fruit n Bran Cereal with skim milk* Toasted Multigrain Muffin with Spread & Honey	Bircher Muesli Ham, Tomato & Cheese Omelette Soy & Linseed Toast with Marmalade	Weet Bix with skim milk* Two slices of Fruit n Muesli Toast with Spread	Ham, Cheese & Tomato Toasted Soy & Linseed Sandwich	Classic Fruit Muesli with skim milk* Grain Toast with Apricot Jam Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Two slices of Grain Toast with Spread & Vegemite	Two Eggs, Bacon & Tomato with a Toasted Multigrain Muffin
POPULAR MORNING SNACK	Melon Medley	Mandarin	Fruit Salad	Orange	Mandarin	Fruit Cup, Two Fruits	Red Apple
OR							
OPTIONAL BREAKFASTS	Two Eggs on a Toasted Multigrain Muffin with Spread	Vanilla Crunch Cereal with skim milk* Two slices of Grain Toast with Spread & Vegemite	Baked Beans & Cheese on two slices of Grain Toast	Classic Fruit Muesli with skim milk* Two slices of Grain Toast with Strawberry Jam	Vanilla Crunch Cereal with skim milk* Toasted Multigrain Muffin with Peanut Butter	Ham, Egg, Cheese & Tomato with two slices of Grain Toast	Weet Bix with skim milk* Two slices of Soy & Linseed Toast with Spread & 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 Yoghurt Muesli Bar	Crunchy Noodle Snack Greek Style Passionfruit Yoghurt	Fruit & Nut Bar Apple Crumble	Tropical Nut Mix Greek Style Forest Berry Yoghurt	Cracker & Nut Mix Citrus Sultana Oat Biscuit	Corn Chips with Salsa Dip Apple & Cranberry Muffin	Ricotta Spinach Cake Sultana & Date Cookie
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 Roasted Chick Peas	Asian Pumpkin Soup Small Grain Roll with Cheese & Tomato	Rice Crackers Zucchini & Carrot Bread	Ricotta Spinach Cake Chocolate Muesli Bar	Popcorn Yoghurt Muesli Bar	Spicy Fruit Biscuits Tropical Nut Mix	Biscuits with Pate Fruit n Nut Mix

1500

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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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Vanilla Crunch Cereal with skim milk* Cheese & Tomato Toasted Multigrain Sandwich	Two slices of Fruit n Muesli Toast with Spread Vanilla Yoghurt	Two Eggs & Bacon with a Toasted Multigrain Muffin	Pikelets with Fruit Compote Grain Toast with Vegemite	Weet Bix with skim milk* Ham, Cheese & Tomato Toasted Soy & Linseed Sandwich	Fruit n Bran Cereal with skim milk* Baked Beans on Grain Toast	Apple & Cinnamon Oats with skim milk* 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
OPTIONAL BREAKFASTS	OR Baked Beans & Cheese on two slices of Soy & Linseed Toast	Apple & Cinnamon Oats with skim milk* Two slices of Grain Toast with Spread & Vegemite	Weet Bix with skim milk* Two slices of Soy & Linseed Toast with Spread & Strawberry Jam	Fruit n Bran Cereal with skim milk* Cheese & Tomato Toasted Soy & Linseed Sandwich	Vanilla Crunch Cereal with skim milk* Toasted Multigrain Muffin with Peanut Butter	Egg on two slices of Soy & Linseed Toast with Spread	Classic Fruit Muesli with skim milk* Grain Toast with Spread & Apricot Jam
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 and Chopped Salad with 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	Rice Crackers with Salsa Dip Raspberry & Apple Crumble	Soy Nuts Citrus Sultana Oat Biscuit	Vegetable Frittata Muesli Cookie	Popcorn Apple & Sultana Pancake	Greek Style Passionfruit Yoghurt Chocolate Muesli Bar	Greek Style Forest Berry Yoghurt Fruit & Nut Bar	Crunchy Noodle Snack Zucchini & Carrot Bread
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	Moroccan Lamb Soup Small Grain Roll with Cheese	Baked Vegetable Pattie with Sweet Chilli Sauce Yoghurt Muesli Bar	Corn Chips with Salsa Dip Greek Style Forest Berry Yoghurt	Cracker & Nut Mix Chocolate Muesli Bar	Roasted Chick Peas Walnut & Date Cake	Biscuits with Pate Spicy Fruit Biscuits	Vegetable Frittata Sultana & Date Cookie

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Lite n' Easy

1500

Week D

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

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Bircher Muesli Toasted Fruit Muffin with Spread	Fruit n Bran Cereal with skim milk* Ham, Tomato & Cheese Omelette Greek Style Passionfruit Yoghurt	Classic Fruit Muesli with skim milk* Baked Beans on Soy & Linseed Toast	Two Eggs, Bacon & Tomato with a Toasted Multigrain Muffin	Weet Bix with skim milk* Two slices of Grain Toast with Peanut Butter & Honey	Fruit n Bran Cereal with skim milk* Corn Fritters with Bacon & Tomato	Two slices of 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	Two Eggs on a Toasted Multigrain Muffin with Spread	Weet Bix with skim milk* Cheese & Tomato Toasted Soy & Linseed Sandwich	Toasted Fruit Muffin with Spread Greek Style Forest Berry Yoghurt	Weet Bix with skim milk* Two slices of Grain Toast with Peanut Butter & Honey	Baked Beans & Cheese on two slices of Soy & Linseed Toast	Fruit n Bran Cereal with skim milk* Two slices of Grain Toast with Spread & Apricot Jam	Classic Fruit Muesli with skim milk* Two slices of Grain Toast with Spread & 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	Vanilla Yoghurt Walnut & Date Cake	Roasted Chick Peas Apple & Cranberry Muffin	Popcorn Spicy Fruit Biscuits	Ricotta Spinach Cake Greek Style Forest Berry Yoghurt	Rice Crackers with Salsa Dip Banana & Date Muffin	Fruit n Nut Mix Muesli Cookie	Spinach & Fetta Muffin Chocolate Muesli Bar
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 Pikelets with Apricot Jam	Small Grain Roll with Peanut Butter Yoghurt Muesli Bar	Corn Chips Fruit & Nut Bar	Crunchy Noodle Snack Light Fruit Cake	Small Grain Roll with Cheese Tropical Nut Mix	Corn Fritters with Salsa Dip Apple & Sultana Pancake	Popcorn Citrus Sultana Oat Biscuit