



AUTUMN 2010

# 1800 calorie menus

Breakfast & Lunch

13 15 12  
[www.liteneasy.com.au](http://www.liteneasy.com.au)



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



13 15 12  
[www.liteneasy.com.au](http://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

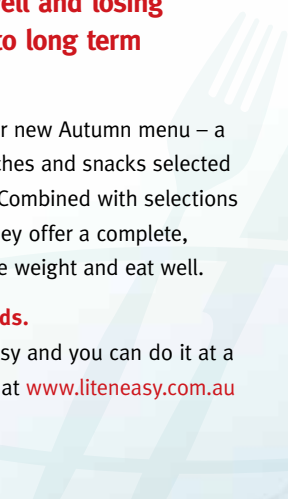
# Welcome

**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](http://www.liteneasy.com.au) and follow the instructions.



# 1800

# Week A

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

Items in **RED** type are **FROZEN** products which can be found in your freezer

\*You supply 2.5 litres of skim milk weekly (1.5 cups per day)

\*\*Additional snacks can be eaten at your hungrier times or to suit your schedule.

THE GOOD FOOD COMPANY

*Lite n' Easy*

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>POPULAR BREAKFASTS</b>	Vanilla Crunch Cereal with skim milk* Baked Beans on <b>Grain Toast</b>	Two slices of <b>Fruit n Muesli Toast</b> with Spread Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Strawberry Jam	Apple & Cinnamon Oats with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter & Honey	Two Eggs, <b>Bacon</b> & Tomato with a <b>Toasted Multigrain Muffin</b>	Classic Fruit Muesli with skim milk* <b>Grain Toast</b> with Vegemite Greek Style Forest Berry Yoghurt	Fruit n Bran Cereal with skim milk* <b>Ham, Tomato &amp; Cheese Omelette</b> <b>Soy &amp; Linseed Toast</b> with Marmalade
<b>POPULAR MORNING SNACK</b>	Mandarin	Melon Medley	Fruit Salad	Red Apple	Fruit Cup, Peach	Orange	Fruit Cup, Pear
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Apple & Cinnamon Oats with skim milk* Grilled Cheese & Tomato on a <b>Toasted Multigrain Muffin</b>	Weet Bix with skim milk* Two Eggs on <b>Grain Toast</b> with Spread	<b>Ham, Tomato &amp; Cheese Omelette</b> <b>Toasted Fruit Muffin</b> with Spread	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite	Fruit n Bran Cereal with skim milk* Two slices of <b>Grain Toast</b> with Spread & Apricot Jam	Baked Beans & Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	Weet Bix with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Spread & Honey
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	Honey Mustard Chicken Salad Fruit Salad	Pineapple Supreme Pizza Red Apple	<b>Greek Meatballs</b> with Salad & Cucumber Raita in a Wrap Apricot Snack Pack	<b>Pesto Chicken Tender</b> with Salad, Basil Dressing & Croutons Apple & Vanilla Custard	<b>Hamburger</b> with Cheese, Salad & Tomato Sauce on a <b>Sour Dough Roll</b> Mandarin	<b>Chicken Cacciatore Pasta</b> Fruit Cup, Two Fruits	<b>Hoisin Beef Noodles</b> Red Apple
<b>POPULAR AFTERNOON SNACK</b>	Corn Chips with Salsa Dip <b>Citrus Sultana Oat Biscuit</b>	<b>Spinach &amp; Fetta Muffin</b> Yoghurt Muesli Bar	Greek Style Passionfruit Yoghurt <b>Apple &amp; Sultana Pancake</b>	Fruit n Nut Mix Sultana & Date Cookie	Popcorn <b>Walnut &amp; Date Cake</b>	Cheese & Biscuits <b>Light Fruit Cake</b>	<b>Baked Vegetable Pattie</b> with Sweet Chilli Sauce Cracker & Nut Mix
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	Corned Beef & Mustard Relish on a <b>Sour Dough Roll</b> Red Apple	Cheese & Caramelised Onion Chutney <b>Multigrain Sandwich</b> Fruit Cup, Peach	Tuna, Tomato & Mayonnaise on a <b>Soy &amp; Linseed Roll</b> Orange	Smoked Beef & Fruit Chutney on a <b>Sour Dough Roll</b> Fruit Cup, Pear	<b>Spicy Chicken Laksa</b> Fruit Medley	Ham & Tomato <b>Multigrain Sandwich</b> Apricot Snack Pack	Sliced Turkey & Cranberry Sauce on a <b>Long Grain Roll</b> Green Apple
<b>OPTIONAL AFTERNOON SNACK</b>	Cracker & Nut Mix <b>Apple &amp; Cranberry Muffin</b>	Spicy Fruit Biscuits Soy Nuts	<b>Mediterranean Omelette</b> Chocolate Muesli Bar	Crunchy Noodle Snack Vanilla Yoghurt	<b>Long Grain Roll</b> with Vegemite Fruit & Nut Bar	<b>Ricotta Spinach Cake</b> <b>Banana &amp; Date Muffin</b>	Corn Chips Muesli Cookie
<b>**Additional snacks for popular AND optional choices</b>	<b>Asian Pumpkin Soup</b> <b>Long Grain Roll</b> with Spread	<b>Chicken Alfredo</b> Rice Crackers	Baked Beans & Cheese on <b>Soy &amp; Linseed Toast</b>	<b>Nasi Goreng</b>	<b>Corn Fritters</b> with Salsa Dip & Cheese Spicy Fruit Biscuits	<b>Apricot Pudding</b> Tropical Nut Mix	<b>Beef Curry &amp; Rice</b>

# 1800

# 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
<b>POPULAR BREAKFASTS</b>	Fruit n Bran Cereal with skim milk* <b>Toasted Multigrain Muffin</b> with Spread & Honey	Bircher Muesli <b>Ham, Tomato &amp; Cheese Omelette</b> <b>Soy &amp; Linseed Toast</b> with Marmalade	Weet Bix with skim milk* Two slices of <b>Fruit n Muesli Toast</b> with Spread	Ham, Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	Classic Fruit Muesli with skim milk* <b>Grain Toast</b> with Apricot Jam Vanilla Yoghurt	Fruit n Bran Cereal with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite	Two Eggs, <b>Bacon &amp; Tomato</b> with a <b>Toasted Multigrain Muffin</b>
<b>POPULAR MORNING SNACK</b>	Melon Medley	Mandarin	Fruit Salad	Orange	Mandarin	Fruit Cup, Two Fruits	Red Apple
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Two Eggs on a <b>Toasted Multigrain Muffin</b> with Spread	Vanilla Crunch Cereal with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite	Baked Beans & Cheese on two slices of <b>Grain Toast</b>	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Strawberry Jam	Vanilla Crunch Cereal with skim milk* <b>Toasted Multigrain Muffin</b> with Peanut Butter	Ham, Egg, Cheese & Tomato with two slices of <b>Grain Toast</b>	Weet Bix with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Spread & Marmalade
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	Crispy Noodle Salad with <b>Asian Rissoles</b> & Sweet Chilli & Sesame Dressing Red Apple	Chicken & Curried Rice Salad Fruit Salad	<b>Seasoned Chicken Tender</b> with Salad & Mayonnaise in a Wrap Orange	Neapolitan Meatballs & Salad on a <b>Long Grain Roll</b> Red Apple	<b>Chicken Burger</b> with Salad & Caramelised Onion Chutney on a <b>Sour Dough Roll</b> Kiwifruit	<b>Shepherds Pie</b> Orange	<b>Roast Chicken Linguine</b> Fruit Cup, Peach
<b>POPULAR AFTERNOON SNACK</b>	Biscuits with Pate Yoghurt Muesli Bar	Crunchy Noodle Snack Greek Style Passionfruit Yoghurt	Fruit & Nut Bar <b>Apple Crumble</b>	Tropical Nut Mix Greek Style Forest Berry Yoghurt	Cracker & Nut Mix <b>Citrus Sultana Oat Biscuit</b>	Corn Chips with Salsa Dip <b>Apple &amp; Cranberry Muffin</b>	<b>Ricotta Spinach Cake</b> Sultana & Date Cookie
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	Smoked Chicken & Mayonnaise on a <b>Sour Dough Roll</b> Orange	<b>Smokey Bacon &amp; Tomato Pasta</b> Kiwifruit	Ham, Cheese & Tomato on a <b>Soy &amp; Linseed Roll</b> Red Apple	Cheese & Caramelised Onion <b>Chutney Multigrain Sandwich</b> Apricot Snack Pack	Tuna, Tomato & Mayonnaise on a <b>Soy &amp; Linseed Roll</b> Red Apple	Sliced Turkey & Cranberry Sauce on a <b>Long Grain Roll</b> Fruit Medley	Corned Beef, Tomato & Mustard <b>Relish Multigrain Sandwich</b> Green Apple
<b>OPTIONAL AFTERNOON SNACK</b>	<b>Spinach &amp; Fetta Muffin</b> Roasted Chick Peas	<b>Asian Pumpkin Soup</b> <b>Small Grain Roll</b> with Cheese & Tomato	Rice Crackers <b>Zucchini &amp; Carrot Bread</b>	<b>Ricotta Spinach Cake</b> Chocolate Muesli Bar	Popcorn Yoghurt Muesli Bar	Spicy Fruit Biscuits Tropical Nut Mix	Biscuits with Pate Fruit n Nut Mix
<b>**Additional snacks for popular AND optional choices</b>	<b>Penne Pesto Pasta</b> Spicy Fruit Biscuits	<b>Country Beef Soup</b> with a <b>Sour Dough Roll</b>	<b>Chilli Con Carne</b> with Wedges	<b>Vietnamese Rice Bowl</b> <b>Apple &amp; Sultana Pancake</b>	<b>Baked Beans</b> on a <b>Toasted Multigrain Muffin</b>	<b>Chicken &amp; Vegetable Curry</b> with a <b>Small Grain Roll</b>	Cheese & Fruit Chutney on a <b>Long Grain Roll</b>

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# 1800

# 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
<b>POPULAR BREAKFASTS</b>	Vanilla Crunch Cereal with skim milk* Cheese & Tomato <b>Toasted Multigrain Sandwich</b>	Two slices of <b>Fruit n Muesli Toast</b> with Spread Vanilla Yoghurt	Two Eggs & <b>Bacon</b> with a <b>Toasted Multigrain Muffin</b>	<b>Pikelets</b> with Fruit Compote <b>Grain Toast</b> with Vegemite	Weet Bix with skim milk* Ham, Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	Fruit n Bran Cereal with skim milk* Baked Beans on <b>Grain Toast</b>	Apple & Cinnamon Oats with skim milk* <b>Ham, Tomato &amp; Cheese Omelette</b> <b>Soy &amp; Linseed Toast</b> with Strawberry Jam
<b>POPULAR MORNING SNACK</b>	Orange	Melon Medley	Red Apple	Greek Style Forest Berry Yoghurt	Orange	Fruit Cup, Pear	Red Apple
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Baked Beans & Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	Apple & Cinnamon Oats with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite	Weet Bix with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Spread & Strawberry Jam	Fruit n Bran Cereal with skim milk* Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	Vanilla Crunch Cereal with skim milk* <b>Toasted Multigrain Muffin</b> with Peanut Butter	Egg on two slices of <b>Soy &amp; Linseed Toast</b> with Spread	Classic Fruit Muesli with skim milk* <b>Grain Toast</b> with Spread & Apricot Jam
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	<b>Seasoned Chicken Tender</b> and Chopped Salad with Garlic Lemon Vinaigrette Fruit Salad	<b>Beef Burrito</b> & Salad Wrap Red Apple	Dijon Chicken & Pasta Salad Fruit Salad	<b>Thai Chicken Cakes</b> with Asian Coleslaw & Chilli Plum Dressing Red Apple	<b>Mediterranean Vegetable &amp; Meatball Pasta</b> Apple & Vanilla Custard	<b>Veggie Burger</b> with sliced Tomato & Sweet Chilli Sauce on a <b>Sour Dough Roll</b> Mandarin	<b>Chicken Alfredo</b> Fruit Cup, Two Fruits
<b>POPULAR AFTERNOON SNACK</b>	Rice Crackers with Salsa Dip <b>Raspberry &amp; Apple Crumble</b>	Soy Nuts <b>Citrus Sultana Oat Biscuit</b>	<b>Vegetable Frittata</b> Muesli Cookie	Popcorn <b>Apple &amp; Sultana Pancake</b>	Greek Style Passionfruit Yoghurt Chocolate Muesli Bar	Greek Style Forest Berry Yoghurt Fruit & Nut Bar	Crunchy Noodle Snack <b>Zucchini &amp; Carrot Bread</b>
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	<b>Baked Potato Bolognese</b> Green Apple	Sliced Turkey & Tomato on a <b>Soy &amp; Linseed Roll</b> Apricot Snack Pack	Tuna, Tomato, Salad & Mayonnaise <b>Multigrain Sandwich</b> Kiwifruit	Corned Beef & Mustard Relish on a <b>Soy &amp; Linseed Roll</b> Fruit Cup, Two Fruits	Smoked Chicken & Cranberry Sauce on a <b>Soy &amp; Linseed Roll</b> Red Apple	Smoked Beef, Tomato & Caramelised Onion Chutney on a <b>Sour Dough Roll</b> Fruit Medley	Cheese & Fruit Chutney on a <b>Long Grain Roll</b> Green Apple
<b>OPTIONAL AFTERNOON SNACK</b>	<b>Moroccan Lamb Soup</b> <b>Small Grain Roll</b> with Cheese	<b>Baked Vegetable Pattie</b> 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 <b>Walnut &amp; Date Cake</b>	Biscuits with Pate Spicy Fruit Biscuits	<b>Vegetable Frittata</b> Sultana & Date Cookie
<b>**Additional snacks for popular AND optional choices</b>	<b>Ham, Tomato &amp; Cheese Omelette</b> <b>Pikelets</b> with Strawberry Jam	<b>Chicken Cannelloni</b>	<b>Apricot Pudding</b> Roasted Chick Peas	<b>Beef Lasagne</b>	<b>Chicken Noodle Soup</b> <b>Long Grain Roll</b> with Spread	<b>Mediterranean Vegetable &amp; Meatball Pasta</b> with Grated Cheese	Tuna, Cheese & Tomato on a <b>Sour Dough Roll</b>

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# 1800

# 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
<b>POPULAR BREAKFASTS</b>	Bircher Muesli <b>Toasted Fruit Muffin</b> with Spread	Fruit n Bran Cereal with skim milk* <b>Ham, Tomato &amp; Cheese Omelette</b> Greek Style Passionfruit Yoghurt	Classic Fruit Muesli with skim milk* Baked Beans on <b>Soy &amp; Linseed Toast</b>	Two Eggs, <b>Bacon &amp; Tomato</b> with a <b>Toasted Multigrain Muffin</b>	Weet Bix with skim milk* Two slices of <b>Grain Toast</b> with Peanut Butter & Honey	Fruit n Bran Cereal with skim milk* <b>Corn Fritters</b> with <b>Bacon &amp; Tomato</b>	Two slices of <b>Fruit n Muesli Toast</b> with Spread Vanilla Yoghurt
<b>POPULAR MORNING SNACK</b>	Mandarin	Red Apple	Fruit Salad	Fruit Cup, Peach	Black Forest Pears	Red Apple	Orange
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Two Eggs on a <b>Toasted Multigrain Muffin</b> with Spread	Weet Bix with skim milk* Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	<b>Toasted Fruit Muffin</b> with Spread Greek Style Forest Berry Yoghurt	Weet Bix with skim milk* Two slices of <b>Grain Toast</b> with Peanut Butter & Honey	Baked Beans & Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	Fruit n Bran Cereal with skim milk* Two slices of <b>Grain Toast</b> with Spread & Apricot Jam	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	<b>Sweet Chilli Beef</b> & Noodle Salad Melon Medley	Egg Spread & Baby Spinach on a <b>Long Grain Roll</b> Fruit Salad	<b>Greek Meatballs</b> & Chunky Potato Salad Red Apple	<b>Soy Chicken Tender</b> with Salad & Hoisin Dressing in a Wrap Mandarin	<b>Broccoli &amp; Chicken Pasta Bake</b> Red Apple	<b>Hamburger</b> with sliced Tomato & Beetroot Relish on a <b>Sour Dough Roll</b> Orange	<b>Chicken Chow Mein</b> Fruit Cup, Pear
<b>POPULAR AFTERNOON SNACK</b>	Vanilla Yoghurt <b>Walnut &amp; Date Cake</b>	Roasted Chick Peas <b>Apple &amp; Cranberry Muffin</b>	Popcorn Spicy Fruit Biscuits	<b>Ricotta Spinach Cake</b> Greek Style Forest Berry Yoghurt	Rice Crackers with Salsa Dip <b>Banana &amp; Date Muffin</b>	Fruit n Nut Mix Muesli Cookie	<b>Spinach &amp; Fetta Muffin</b> Chocolate Muesli Bar
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	Sliced Turkey & Cranberry Sauce <b>Multigrain Sandwich</b> Fruit Cup, Peach	<b>Penne Pesto Pasta</b> Apricot Snack Pack	Tuna, Tomato & Mayonnaise on a <b>Long Grain Roll</b> Orange	Smoked Beef & Tomato on a <b>Soy &amp; Linseed Roll</b> Fruit Medley	Corned Beef & Mustard Relish on a <b>Sour Dough Roll</b> Red Apple	Cheese & Fruit Chutney on a <b>Soy &amp; Linseed Roll</b> Orange	Ham, Cheese & Tomato on a <b>Sour Dough Roll</b> Green Apple
<b>OPTIONAL AFTERNOON SNACK</b>	Cheese & Biscuits <b>Pikelets</b> with Apricot Jam	<b>Small Grain Roll</b> with Peanut Butter Yoghurt Muesli Bar	Corn Chips Fruit & Nut Bar	Crunchy Noodle Snack <b>Light Fruit Cake</b>	<b>Small Grain Roll</b> with Cheese Tropical Nut Mix	<b>Corn Fritters</b> with Salsa Dip <b>Apple &amp; Sultana Pancake</b>	Popcorn <b>Citrus Sultana Oat Biscuit</b>
<b>**Additional snacks for popular AND optional choices</b>	<b>Chicken Satay</b>	<b>Lebanese Chicken Tender</b> & Cucumber Raita on a <b>Soy &amp; Linseed Roll</b>	<b>Fried Rice</b> with <b>BBQ Chicken</b>	<b>Mediterranean Omelette</b> <b>Small Grain Roll</b> with Spread	<b>Baked Vegetable Pattie</b> with Sweet Chilli Sauce <b>Apple Crumble</b>	<b>Honey Soy Stir Fry</b>	<b>Rice Pudding</b> Fruit Medley