

AUTUMN 2012

1800 calorie menus

Breakfast & Lunch

Lite n' Easy

Simply eat well

liteneasy.com.au 13 15 12



Ordering is e@sy:

Take a moment to record your Lite n' Easy delivery and login 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 (12pm NSW):

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

My Lite n' Easy website login:

My password:

IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE:

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients: Milk, Egg, Soya, Seafood (including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery.

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products. For ingredient list visit liteneasy.com.au

Using your new autumn menu

- To select the OPTIONAL lunch and/or breakfast for any day, simply contact us by 11am (12pm NSW) the day prior to your delivery day.
- Items in RED type are FROZEN products and are to be stored in your freezer.
- You supply 2.5 litres of skim milk weekly (1.5 cups per day).
- 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.



Welcome

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

And with our new Autumn Menu you can enjoy a wide range of delicious 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 simply 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 liteneasy.com.au and follow the instructions.

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

Delicious Extras... for very little extra

Whether you're after a tasty treat, healthy lunches for work or a smaller dinner meal for you or the kids to enjoy, Lite n' Easy has a delicious range of extra options that are perfect for every occasion. For more information or to see the full range visit liteneasy.com.au or call 13 15 12.

Add a little something extra to your next order.

Lite n' Easy
Simply eat well



Desserts
4 for
\$8



Mini Meals
4 for
\$24



Meals
in a Bowl
5 for
\$25

1800

Week A

Order from this menu if your delivery is for the week
05/03/12
02/04/12
30/04/12

▶ order online at liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Creamy Bircher Muesli Toasted Multigrain Muffin with Spread and Vegemite	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Peanut Butter and Honey	Eggs Benedict (Hollandaise Sauce) with Bacon and Baby Spinach on two slices of Ciabatta Toast	Two slices of Fruit 'n' Muesli Toast with Spread Vanilla Yoghurt	Fruit 'n' Bran Cereal with skim milk* Two slices of Multigrain Toast with Strawberry Jam	4-Grain Cinnamon Cereal Wholegrain & Oat Toast with Spread and Vegemite Greek Style Forest Berries Yoghurt	Creamy Almond & Vanilla Oats Egg and melted Cheese on a Toasted Multigrain Muffin
POPULAR MORNING SNACK	Red Apple	Mandarin	Two Fruits Fruit Cup	Orange	Mandarin	Pear Fruit Cup	Kiwifruit
OR							
OPTIONAL BREAKFASTS	Weet Bix with skim milk* Ham, Cheese and Tomato toasted Wholegrain & Oat Sandwich	4-Grain Cinnamon Cereal Toasted Fruit Muffin with Spread	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Classic Fruit Muesli with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Apricot Jam	Ham, Tomato & Cheese Omelette Two slices of Multigrain Toast with Spread and Marmalade	Baked Beans and melted Cheese on two slices of Multigrain Toast	Weet Bix with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey
OPTIONAL MORNING SNACK	Peach Fruit Cup	Green Apple	Red Apple	Kiwifruit	Orange	Green Apple	Mandarin

▶ order online at liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Basil Chicken & Roasted Tomato Salad Vanilla Pears with Orange Syrup	Classic Pizza with Supreme Topping and melted Cheese Red Apple	Roast Chicken Tender with Avocado and Baby Spinach Salad in a Wrap Mandarin	Peri Peri Chicken Fruit Salad Fruit Cup	Hamburger with Caramelised Onion Chutney and Tomato on a Round Roll Red Apple	Chicken Alfredo Pasta Orange	Mediterranean Vegetable & Meatball Pasta Red Apple
POPULAR AFTERNOON SNACK	Classic Choc & Oats Bar Ricotta Spinach Cake	Greek Style Passionfruit Yoghurt Corn & Parmesan Muffin	Crunchy Flat Bread with Tomato Kasundi Dip Double Chocolate Cake	Fig & Pecan Cookie Corn Chips with Salsa Dip	Popcorn Cinnamon Oat Bar	Banana & Date Muffin <i>Exception: week of 02/04/12 Hot Cross Bun</i> Small Multigrain Roll with Cheese	Cracker & Nut Mix Greek Style Mango Yoghurt
OR							
OPTIONAL LUNCHES	Tuna with Baby Spinach Salad and Sweet Chilli Sauce on a Round Roll Mandarin	Sliced Turkey and Cranberry Sauce Wholegrain & Oat Sandwich Two Fruits Fruit Cup	Corned Beef with Baby Spinach Salad and Caramelised Onion Chutney on a Round Roll Kiwifruit	Smoked Beef and Fruit Chutney on a Round Roll Red Apple	Chicken Noodle Soup with a Small Multigrain Roll and Spread Pear Fruit Cup	Cheese and Mustard Relish Wholegrain & Oat Sandwich Red Apple	Sliced Turkey and Tomato on a Long Multigrain Roll Orange
OPTIONAL AFTERNOON SNACK	Rice Crackers with Salsa Dip Spiced Fruit Cookies	Fruit 'n' Nut Mix Small Multigrain Roll with Cheese	Apple & Sultana Pancake Wafer Crisps and Pate	Cheese & Chive Crackers Pikelets with Strawberry Jam	Light Fruit Cake <i>Exception: week of 02/04/12 Hot Cross Bun</i> Ricotta Spinach Cake	Citrus Sultana Oat Biscuit Crunchy Noodle Snack	Wafer Crisps and Cheese Fruit Bun

Items in **RED** type are **FROZEN** products and are to be stored in your freezer

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

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**Additional snacks for popular AND optional choices	Beef Enchilada Apricot Snack Pack	Chicken Spaghetti Potato Crisps	Tuna, Cheese and Tomato on a Long Multigrain Roll	Apple Crumble Banana & Apple Bread	Creamy Chicken & Potato Pie Vanilla Yoghurt	Baked Potato Bolognaisse Apple & Cranberry Fruit Mix	Chicken Burrito , Cheese and Tomato Wrap
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Week B

Order from this menu if your delivery is for the week
12/03/12
09/04/12
07/05/12

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Classic Fruit Muesli with skim milk* Toasted Multigrain Muffin with Spread and Strawberry Jam	Blueberry Yoghurt Crumble Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Weet Bix with skim milk* Two slices of Fruit 'n' Muesli Toast with Spread	Baked Beans and melted Cheese on two slices of Multigrain Toast	Creamy Almond & Vanilla Oats Ham, Tomato and melted Cheese on a Toasted Multigrain Muffin	Vanilla Crunch Cereal with skim milk* Multigrain Toast with Apricot Jam Vanilla Yoghurt	Two Eggs, Bacon and Tomato Sauce on a Toasted Multigrain Muffin
POPULAR MORNING SNACK	Sweet Pineapple Bites	Orange	Mandarin	Red Apple	Mandarin	Red Apple	Fruit Salad Fruit Cup
OR							
OPTIONAL BREAKFASTS	Fruit 'n' Bran Cereal with skim milk* Cheese and Tomato Toasted Multigrain Sandwich	4-Grain Cinnamon Cereal Ham, Tomato & Cheese Omelette Wholegrain & Oat Toast with Strawberry Jam	Two Eggs with Spread on a Toasted Multigrain Muffin	Weet Bix with skim milk* Toasted Multigrain Muffin with Spread and Marmalade	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	Classic Fruit Muesli with skim milk* Toasted Multigrain Muffin with Spread and Marmalade	Vanilla Crunch Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite
OPTIONAL MORNING SNACK	Green Apple	Mandarin	Red Apple	Fruit Salad Fruit Cup	Apricot Snack Pack	Kiwifruit	Green Apple

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Roast Chicken Tender with Chopped Salad and Garlic Lemon Vinaigrette Mandarin	Warm Bacon & Potato Salad (with Egg) with Tomato Vinaigrette Peach Fruit Cup	Beef Burrito and Baby Leaf Salad Wrap Peaches & Apricots	Napoli Meatballs on a Long Multigrain Roll Orange	Roast Chicken Linguine Red Apple	Hoisin Beef Noodles Pear Fruit Cup	Chicken Burger with Beetroot Relish and Tomato on a Round Roll Mandarin
POPULAR AFTERNOON SNACK	Apricot Pudding Small Multigrain Roll with Peanut Butter	Cinnamon Oat Bar Rice Crackers with Salsa Dip	Greek Style Mango Yoghurt Walnut & Date Cake	Potato Crisps Honey & Oat Cookies	Fruit Bun Greek Style Forest Berries Yoghurt	Wafer Crisps and Cheese Sultana Tea Cake	Spiced Fruit Cookies Spinach & Fetta Muffin
OR							
OPTIONAL LUNCHES	Ham, Cheese and Baby Leaf Salad on a Round Roll Red Apple	Tuna, Baby Leaf Salad and Mayonnaise on a Soy & Linseed Roll Kiwifruit	Roast Chicken Tender and Mayonnaise on a Round Roll Orange	Cheese, Tomato and Caramelised Onion Chutney Wholegrain & Oat Sandwich Mandarin	Corned Beef and Mustard Relish on a Round Roll Green Apple	Sliced Turkey and Cranberry Sauce on a Long Multigrain Roll Orange	Smokey Bacon & Tomato Pasta Red Apple
OPTIONAL AFTERNOON SNACK	Ricotta Spinach Cake Tropical Nut Mix	Banana & Apple Bread with Spread Popcorn	Muesli Cookie Cheese & Chive Crackers	Cracker & Nut Mix Light Fruit Cake	Corn & Parmesan Muffin Cranberry & Walnut Cookies	Apple & Cranberry Fruit Mix Corn Chips with Salsa Dip	Apple & Cranberry Muffin Cinnamon Oat Bar
**Additional snacks for popular AND optional choices	Penne Pesto Pasta Small Multigrain Roll with Vegemite	Baked Beans on a Toasted Multigrain Muffin	Seasoned Chicken with Mushroom Risotto Crunchy Flat Bread with Tomato Kasundi Dip	Broccoli & Chicken Pasta Bake Classic Choc & Oats Bar	Pumpkin Soup Soy & Linseed Roll with Spread	Sweet Corn Fritters with Fruit Chutney Citrus Sultana Oat Biscuit	Rice Pudding Tropical Nut Mix

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Week C

Order from this menu if your delivery is for the week
19/03/12
16/04/12
14/05/12

Items in **RED** type are **FROZEN** products and are to be stored in your freezer

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▶ order online at liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Classic Fruit Muesli with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Pikelets with Fig & Berry Compote Wholegrain & Oat Toast with Peanut Butter	Vanilla Crunch Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Apricot Jam	Two slices of Fruit 'n' Muesli Toast with Spread Greek Style Passionfruit Yoghurt	Weet Bix with skim milk* Breakfast Wrap with Egg, Sautéed Bacon, Mushroom, Spinach and Tomato	Fruit 'n' Bran Cereal with skim milk* Toasted Multigrain Muffin with Spread and Strawberry Jam	4-Grain Cinnamon Cereal Ham, Cheese and Tomato toasted Wholegrain & Oat Sandwich
POPULAR MORNING SNACK	Red Apple	Vanilla Yoghurt	Mandarin	Kiwifruit	Orange	Red Apple	Two Fruits Fruit Cup
OR							
OPTIONAL BREAKFASTS	Cheesy Creamed Corn, Ham and Tomato on two slices of Multigrain Toast	4-Grain Cinnamon Cereal Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Ham, Tomato & Cheese Omelette Toasted Multigrain Muffin with Spread and Marmalade	Weet Bix with skim milk* Two slices of Multigrain Toast with Spread and Apricot Jam	Classic Fruit Muesli with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Vegemite	Two Eggs and melted Cheese on two slices of Multigrain Toast	Vanilla Crunch Cereal with skim milk* Toasted Fruit Muffin with Spread
OPTIONAL MORNING SNACK	Apricot Snack Pack	Red Apple	Kiwifruit	Peach Fruit Cup	Mandarin	Orange	Green Apple

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Soy Chicken Tender and Crispy Noodle Salad with Sweet Chili & Sesame Dressing Peaches with Raspberry Sauce	Greek Meatballs with Baby Spinach Salad and Cucumber Raita in a Wrap Orange	Pesto Chicken Tender and Mixed Spinach Salad with Croutons and Basil Dressing Tropical Crush	Beef Enchilada Red Apple	Chicken Spaghetti Two Fruits Fruit Cup	Roast Chicken Tender with Cheese, Tomato and Mayonnaise on a Long Multigrain Roll Mandarin	Creamy Chicken & Potato Pie Red Apple
POPULAR AFTERNOON SNACK	Apple & Sultana Pancake Greek Style Mango Yoghurt	Corn Chips with Salsa Dip Walnut & Date Cake	Double Chocolate Cake Cheese & Chive Crackers	Cranberry & Walnut Cookies Cracker & Nut Mix	Corn & Parmesan Muffin Classic Choc & Oats Bar	Apricot Snack Pack Popcorn	Greek Style Forest Berries Yoghurt Banana & Date Muffin
OR							
OPTIONAL LUNCHES	Smoked Beef and Caramelised Onion Chutney Wholegrain & Oat Sandwich Green Apple	Tuna, Baby Spinach Salad and Mayonnaise Wholegrain & Oat Sandwich Mandarin	Corned Beef and Mustard Relish on a Round Roll Red Apple	Sliced Turkey and Cranberry Sauce on a Soy & Linseed Roll Orange	Cheese, Tomato and Fruit Chutney on a Long Multigrain Roll Kiwifruit	Penne Pesto Pasta Fruit Salad Fruit Cup	Savoury Meatballs and Tomato on a Round Roll Mandarin
OPTIONAL AFTERNOON SNACK	Tropical Nut Mix Crunchy Flat Bread with Tomato Kasundi Dip	Cinnamon Oat Bar Wafer Crisps and Cheese	Citrus Sultana Oat Biscuit Spinach & Fetta Muffin	Rice Crackers with Salsa Dip Banana & Apple Bread	Vanilla Yoghurt Fig & Pecan Cookie	Fruit Bun Sweet Corn Fritters with Tomato Jam	Wafer Crisps with Pate Sultana Tea Cake
**Additional snacks for popular AND optional choices	Fettuccine Bolognaise Potato Crisps	Thai Fried Rice with Chicken Popcorn	Apricot Pudding Apple & Cranberry Fruit Mix	Chicken & Pasta Bake Small Multigrain Roll	Pikelets with Strawberry Jam Apple & Sultana Pancake	Mediterranean Vegetable & Meatball Pasta Crunchy Flat Bread with Tomato Kasundi Dip	Chicken Noodle Soup with a Soy & Linseed Roll

1800

Week
D

Order from this menu if your delivery is for the week
26/03/12
23/04/12
21/05/12

 order online at liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR BREAKFASTS	Apricot Yoghurt Crumble Two slices of Multigrain Toast with Vegemite	Fruit 'n' Bran Cereal with skim milk* Toasted Multigrain Muffin with Spread and Strawberry Jam	4-Grain Cinnamon Cereal Wholegrain & Oat Toast with Apricot Jam Greek Style Forest Berries Yoghurt	Weet Bix with skim milk* Avocado, Ham and Tomato on two slices of Wholegrain & Oat Toast	Classic Fruit Muesli with skim milk* Toasted Multigrain Muffin with Spread and Vegemite	Two Eggs, Bacon and Tomato on two slices of Multigrain Toast	Two slices of Fruit 'n' Muesli Toast with Spread Vanilla Yoghurt
POPULAR MORNING SNACK	Orange	Mandarin	Red Apple	Mandarin	Fruit Salad Fruit Cup	Red Apple	Orange
OR							
OPTIONAL BREAKFASTS	Two Eggs on a Toasted Multigrain Muffin with Spread	Weet Bix with skim milk* Cheese and Tomato Toasted Multigrain Sandwich	Classic Fruit Muesli with skim milk* Toasted Multigrain Muffin with Spread and Vegemite	Creamy Almond & Vanilla Oats Toasted Fruit Muffin with Spread and Apricot Jam	Baked Beans and melted Cheese on two slices of Multigrain Toast	Fruit 'n' Bran Cereal with skim milk* Two slices of Wholegrain & Oat Toast with Spread and Honey	4-Grain Cinnamon Cereal Two slices of Wholegrain & Oat Toast with Spread and Vegemite
OPTIONAL MORNING SNACK	Apple & Cranberry Fruit Mix	Pear Fruit Cup	Mandarin	Green Apple	Orange	Kiwifruit	Two Fruits Fruit Cup

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Beef Nachos with melted Cheese and Fresh Tomato Salsa Peach Fruit Cup	Soy Chicken Tender , Peking BBQ Sauce and Salad in a Wrap Apricot Snack Pack	Warm Thai Salad with Marinated Beef Strips Apricots & Pears	Broccoli & Chicken Pasta Bake Red Apple	Hamburger with Sliced Beetroot and Tomato on a Round Roll Mandarin	Seasoned Chicken with Mushroom Risotto Two Fruits Fruit Cup	Chicken Cacciatore Pasta Red Apple
POPULAR AFTERNOON SNACK	Cinnamon Oat Bar Tropical Nut Mix	Ricotta Spinach Cake Greek Style Passionfruit Yoghurt	Banana & Apple Bread with Spread Wafer Crisps and Cheese	Citrus Sultana Oat Biscuit Sweet Corn Fritters with Tomato Jam	Vanilla Yoghurt Light Fruit Cake	Apple & Cranberry Muffin Crunchy Noodle Snack	Cheese & Chive Crackers Pikelets & Strawberry Jam
OR							
OPTIONAL LUNCHES	Sliced Turkey and Baby Spinach Salad on a Long Multigrain Roll Mandarin	Ham, Cheese and Tomato Wholegrain & Oat Sandwich Red Apple	Roast Chicken Tender and Baby Spinach Salad on a Round Roll Kiwifruit	Smoked Beef and Caramelised Onion Chutney on a Soy & Linseed Roll Orange	Pumpkin Soup and a Small Multigrain Roll with Spread Green Apple	Tuna, Tomato and Mayonnaise on a Round Roll Mandarin	Cheese and Fruit Chutney Wholegrain & Oat Sandwich Apricot Snack Pack
OPTIONAL AFTERNOON SNACK	Spiced Fruit Cookies Rice Crackers with Salsa Dip	Crunchy Flat Bread with Tomato Kasundi Dip Apple & Sultana Pancake	Walnut & Date Cake Cracker & Nut Mix	Popcorn Greek Style Mango Yoghurt	Spinach & Fetta Muffin Fruit 'n' Nut Mix	Sultana Tea Cake Corn & Parmesan Muffin	Corn Chips Muesli Cookie
**Additional snacks for popular AND optional choices	Southern BBQ Chicken & Wedges	Meatball Pasta Primavera Potato Crisps	Roast Chicken Linguine Apple & Cranberry Fruit Mix	Tomato Soup with a Round Roll	Wafer Crisps with Cheese and Caramelised Onion Chutney Light Fruit Cake	Hoisin Beef Noodles Popcorn	Raspberry & Apple Crumble Small Multigrain Roll with Marmalade

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