

# main meals & more



*Lite n' Easy*

13 15 12

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Meals available are subject to change

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The chilli symbols indicates spicy meals



MILD



MEDIUM



HOT



Indicates Meat Free meals  
(may include meat based stock)

# traditional favourites

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## 2 Crumbed Fillet of Fish

Lightly crumbed fish fillet served with seasoned potato wedges and new season vegetables

## 4 Corned Beef

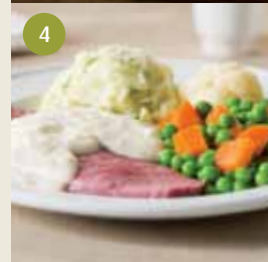
Slices of lightly salted corned silverside, served with a creamy leek sauce and a selection of baked vegetables and mashed potato

## 8 Hearty Beef Casserole

A traditional hearty casserole of tender beef pieces and chunky winter vegetables, served in a rich beef gravy with mashed potato

## 9 Apricot Chicken with Rice

Succulent chicken smothered in a light, fruity sauce with real apricots and served with tender carrots, fresh green soya beans and rice



## 29 Savoury Beef Rissoles

Homestyle rissoles topped with a homemade gravy, served with delicious mashed potato and garden fresh vegetables

## 34 Cottage Pie

Prime beef gently simmered in a natural gravy then topped with potato bake and served with fresh, seasonal vegetables

## 50 Sausages & Onion Gravy

Delicious prime beef sausages with a traditional onion gravy, served with creamy mashed potato and garden fresh vegetables

## 70 Fisherman's Pie

An old fashioned favourite of tender white fish and broccoli, smothered in a delicious cheesy sauce then topped with golden baked potato rosti

## 84 Meatloaf

A traditional favourite that combines prime beef mince and crunchy vegetables served with mashed potato, new season carrots, peas and rich gravy

## 119 Curried Beef Sausages

A classic old fashioned favourite that combines flavoursome sausages slowly cooked in a mild curry sauce, served with a generous helping of garden crisp carrots, beans and creamy mashed potato

## 121 Porcupines

Beef and rice balls slowly cooked in a rich tomato puree then served with creamy mashed potato and garden vegetables



119



161



29

### 128 Braised Lamb Shanks

Tender lamb shank meat with a chunky tomato and red wine sauce served with creamy mashed potato and garden vegetables

### 133 Baked Chicken & Mushroom Sauce

Oven baked tender chicken pieces in a creamy sauce served with tasty potato wedges, carrots and cauliflower

### 161 Crumbed Chicken Breast with Wedges

A tender crumbed chicken breast fillet served with sweet corn salsa, seasoned potato wedges and spring vegetables

### 165 Homestyle Savoury Mince

A family favourite combining minced beef cooked in a rich gravy with peas, carrot and corn, served with steamed rice



128

1 Spaghetti Bolognese

Al dente spaghetti with a rich, chunky ground beef Bolognese sauce, topped with grated parmesan cheese

31 Special Lasagne

Traditional Bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables

54 Homestyle Macaroni Bake **MF**

Macaroni pasta cooked al dente and smothered in a delicious creamy sauce then topped with sliced tomato, golden bread crumbs and parmesan cheese

68 Fettuccine Provencale **MF**

Oven roasted Italian style vegetables mixed through fettuccine then lightly flavoured with an authentic tomato and garlic sauce

72 Spinach & Ricotta Tortelloni

Pasta pillows stuffed with a delicious spinach and ricotta filling, topped with a creamy cheese sauce and accompanied by homestyle vegetables



### 86 Rigatoni

A traditional pasta mixed with spinach and served with tasty grilled meatballs coated with a zesty tomato, basil and capsicum sauce then finished with a sprinkle of parmesan cheese

### 134 Spaghetti Marinara

A traditional Italian spaghetti dish combining Australian scallops, prawns and tender slices of arrowhead squid in a sundried tomato Napoli sauce

### 173 Tasmanian Salmon Pasta

Tasmanian Salmon and pasta ribbons served in a delicious white sauce with tomato, fresh herbs and broccoli topped with grated parmesan cheese



**10** Sweet & Sour Chicken

A stir-fry blend of succulent marinated chicken pieces and Chinese vegetables, finished with a sweet & sour sauce and served with special fried rice

**12** Beef n' Black Bean


Tasty marinated lean beef strips in black bean sauce, served with combination vegetables and fried rice

**27** Braised Chicken & Almonds

Delicious tasting braised chicken pieces and vegetables topped with toasted almonds and served with fried rice

**96** Chicken with Satay Sauce

Juicy chicken pieces mixed with a combination of Malaysian style vegetables gently tossed in a creamy peanut sauce and served with rice

**106** Thai Style Green Chicken Curry 

Tender pieces of chicken lightly poached in a blend of lemon grass, lime leaf and coconut milk then finished with fresh coriander and served with rice

**115** Teriyaki Salmon

Tender lean pieces of Tasmanian salmon and Asian style vegetables braised in a rich teriyaki sauce and served with stir fried rice



160



10



125

### 125 Honey Soy Chicken

Tender chicken pieces nestled in a mix of stir fried vegetables and rice then sauced with a honey soy glaze

### 145 Chicken & Prawn Pad Thai

Thai style egg noodles with succulent chicken strips, whole prawns and roasted peanuts, mixed through a selection of Asian vegetables and flavoured with a fragrant blend of authentic herbs and spices

### 160 Malay Beef Curry 🌶️

A mild tender beef curry accompanied by an aromatic vegetable mix and served with steamed jasmine rice

### 163 Braised Asian Lamb Shanks

Tender slow-cooked lamb shanks infused with Asian spices and soy, served with a medley of Asian vegetables and fragrant jasmine rice



163

## 14 Traditional Roast Beef

Tender slices of roasted beef topped with a rich gravy, served with roasted potatoes, sweet potato, pumpkin, cauliflower mornay and garden peas.

## 18 Roast Chicken

Tender chicken fillet with herb and onion stuffing, topped with a natural gravy and served with oven roasted potatoes, pumpkin and cauliflower mornay

## 25 Roast Lamb

Lean slices of oven roasted lamb topped with a rich gravy, served with traditional roasted vegetables and mint peas

## 38 Baked Turkey

Succulent sliced turkey breast in a rich natural gravy, served with traditional cranberry sauce, oven roasted potatoes and vegetables



16 **Pepper Steak** 🌶️

Hearty beefsteak topped with a mild peppercorn sauce, served with sautéed potato and steamed vegetables

21 **Steak Parmigiana**

Lightly crumbed beefsteak topped with a rich tomato parmigiana sauce served with seasonal vegetables and sautéed potato

154 **Steak with Creamy Mushroom Sauce**

Tender beefsteak served with a delicious mushroom sauce, potato wedges and garden vegetables



# international flavours

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## 24 Chicken Schnitzel

Succulent fillet of chicken lightly crumbed then topped with a flavoursome tomato concasée, served with potatoes and garden vegetables

## 49 Chicken Dijon

Oven baked chicken pieces and fresh garden vegetables smothered in a creamy mustard sauce, served with a wild rice combination

## 57 Tortilla Stack

A tasty Mexican blend of beans and vegetables topped with a mild chilli salsa then folded between layers of authentic tortilla bread

## 73 Beef Stroganoff

Tender strips of beef combined with selected vegetables and pasta then cooked to perfection in a traditional stroganoff sauce

167



73





### 117 Chicken Enchilada 🌶️

Oven roasted chicken pieces and bell peppers tossed in a tasty Mexican spice, wrapped in lavash bread then topped with a creamy tomato sauce and garnished with black olives and parmesan cheese

### 153 Chilli Con Carne with Rice 🌶️🌶️

A smokey, spicy Tex-Mex classic dish of lean mince and beans in a rich sauce served with rice

### 167 Beef with Red Wine & Mushroom

A tasty red wine and mushroom casserole with tender pieces of beef and smokey bacon, served with a potato and parsnip mash, carrots and green beans



82 Beef Korma 🌶️🌶️

Succulent pieces of beef smothered in a delicious sauce made from an exotic blend of Indian spices and served with turmeric rice studded with green peas

83 Chicken Tikka Masala 🌶️🌶️

Tender pieces of chicken marinated in an Indian style yoghurt then covered with a mild curry sauce and served with fragrant rice

112 Tandoori Chicken

Hot roasted chicken thigh fillets marinated in yoghurt with herbs and spices then served with Bombay style cauliflower florets and basmati rice

113 Roghan Josh

Tender pieces of marinated lamb simmered in a sauce full of aromatic flavours and served with a delicious new style of rice



# soups

Lite n' Easy's delicious range of hearty soups is great for family and friends to enjoy. And at only \$3 each when you order a pack of 5 with your normal delivery, they're excellent value!

- 901 Pea & Ham
- 906 Pumpkin
- 908 Chicken Noodle
- 910 Tomato



Meals available are subject to change

# desserts

page 13

Just \$2 each when you order a pack of 4 with your normal delivery, these delicious desserts will tempt the whole family

- Raspberry & Apple Crumble
- Rice Pudding
- Apple Crumble
- Apricot Pudding
- Multi Pack  
(one of each dessert)

Meals available are subject to change



# mini meals

...when a little less is just enough

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Available in packs of 4 for only \$24 when ordered with your regular delivery. At Lite n' Easy we know there are times when you can have too much of a good thing. That's why we've created Mini Meals – a smaller, more versatile serving of your favourite meals. Mini Meals are great at work, for the kids, or as a convenient, healthy snack.

- 750** **Chicken Spaghetti Bolognese**  
Spaghetti with a tasty chicken and tomato Bolognese sauce topped with cheese
- 751** **Beef Lasagne**  
Layers of pasta and tasty Bolognese sauce topped with melted cheese
- 752** **Fried Rice with BBQ Chicken**  
Fried rice with tender pieces of chicken served in a tasty Asian sauce
- 753** **Macaroni Cheese with Ham**  
Macaroni in a tasty cheese and ham sauce
- 754** **Spaghetti & Meatballs**  
Hearty meatballs and spaghetti smothered in a rich tomato sauce



**755** Honey Soy Stir Fry

Tender chicken pieces cooked in honey soy sauce, tossed with stir fried vegetables and hokkien noodles

**756** Shepherd's Pie

Tasty beef ragout with a creamy mashed potato topping

**760** Bolognese Pasta Bake

A great family favourite – traditional Bolognese sauce and pasta, oven baked with a béchamel sauce topping

**761** Nasi Goreng with Thai Chicken Balls

Indonesian style fried rice served with Thai style chicken balls flavoured with authentic spices, lemon grass and lime

**762** Chicken Satay

Tender marinated chicken pieces in a traditional satay sauce with crisp Asian vegetables and steamed Jasmine rice

**763** Beef Curry with Rice

A mildly spiced aromatic curry of tender beef and vegetables with steamed Jasmine rice

**764** Chilli Con Carne with Wedges

A smokey classic Tex-Mex dish of lean diced beef and beans in a rich sauce with seasoned roasted potato wedges

Meals available are subject to change

762



764



753

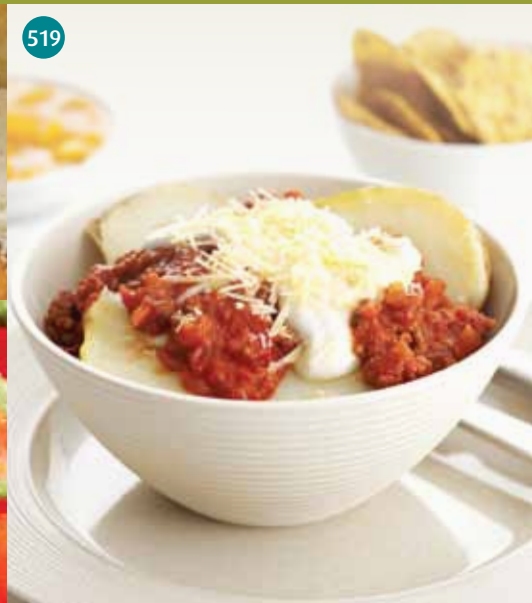


# meals in a bowl

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Available in packs of 5 for only \$25 when ordered with your regular delivery, the Lite n' Easy Meals in a Bowl are great as a lunch, snack or even as a small dinner

- 519 Baked Potato Bolognese**  
Whole baked potato topped with a rich, chunky ground beef Bolognese sauce
- 524 Asian Rice Bowl**  
A fresh vegetable and chicken stir fry, flavoured with Asian spices and oyster sauce, atop steamy rice
- 526 Fettuccine Bolognese**  
Al dente ribbon pasta smothered with a robust meat and red wine Bolognese sauce topped with parmesan cheese
- 537 Hokkien Stir Fry**  
An exotic meal combining oven roasted chicken, crisp vegetables and succulent hokkien noodles spiced with a soy and oyster dressing





524



568



537

### 567 Mediterranean Meatballs & Pasta

Tender beef meatballs served with penne pasta in a classic Italian tomato sauce loaded with chunky baked Mediterranean vegetables

### 568 Roast Chicken Linguine

Tender roasted chicken pieces, tossed in a sweet rich tomato sauce served on al dente linguine

### 572 Hoisin Beef Noodles

Marinated beef strips cooked in a delicate Asian style BBQ sauce and served with Udon noodles and fresh vegetables

### 586 Aromatic Chicken Curry

Marinated chicken and seasonal vegetables in an authentic curry served with steamed basmati rice.



586

# A Gift with a Difference

Lite n' Easy Gift Vouchers are an easy way to have delicious, healthy, real food delivered to a friend or loved one's door.

A Lite n' Easy Gift Voucher not only gives the lucky recipient a well earned break from the kitchen, it also shows you care enough to help make a positive difference in their lives.

Lite n' Easy Gift Vouchers, because with all the things on our plates these days, everyone deserves a little more "help"!

**Lite n' Easy  
Gift Voucher –  
treat someone  
special!**

  
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