

SPRING 2010

1200 calorie menus

Breakfast & Lunch

13 15 12

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



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 (10am WA, 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.

Using your new spring 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.



Welcome

Spring is a great time to make a new start – to begin enjoying a healthier, happier, more energetic lifestyle.

And now, thanks to the delicious breakfast and lunch selections included in your new Spring Menu, there really is no better time to tap into that spring feeling and get your commitment to eating and living well off to a great start.

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
23/08/10
20/09/10
18/10/10

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

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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 Strawberry Jam	Apricot Yoghurt Crumble Grain Toast with Vegemite	Fruit n Bran Cereal with skim milk* Soy & Linseed Toast with Marmalade	Classic Fruit Muesli with skim milk* Vanilla Yoghurt	Bacon & Egg with Soy & Linseed Toast	Fruit n Muesli Toast with Spread Greek Style Passionfruit Yoghurt	Ham, Tomato & Cheese Omelette Soy & Linseed Toast with Vegemite
POPULAR MORNING SNACK	Two Fruits Fruit Cup	Orange	Mandarin	Kiwifruit	Peach Fruit Cup	Mandarin	Red Apple
OR							
OPTIONAL BREAKFASTS	Grilled Cheese & Tomato on a Toasted Multigrain Muffin	Egg with two slices of Soy & Linseed Toast	Toasted Fruit Muffin with Spread	Baked Beans on Soy & Linseed Toast	Fruit n Bran Cereal with skim milk* Grain Toast with Vegemite	Weet Bix with skim milk* Grilled Cheese & Tomato on Soy & Linseed Toast	Classic Fruit Muesli with skim milk* Grain Toast with Honey
OPTIONAL MORNING SNACK	Mandarin	Mandarin	Fruit Medley	Peach Fruit Cup	Red Apple	Green Apple	Orange

➔ order online at www.liteneasy.com.au

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Roast Chicken Tender with Salad & Mayonnaise on a Round Roll Orange	Asian Dim Sims with Canton Dressing Vanilla Pears with Orange Syrup	Greek Meatballs with Salad & Cucumber Raita in a Wrap Red Apple	Roast Chicken Linguine Fruit Salad Fruit Cup	Hamburger with sliced Tomato & Beetroot Relish on a Round Roll Apricot Snack Pack	Broccoli & Chicken Pasta Bake Red Apple	Fettuccine Bolognese Pear Fruit Cup
POPULAR AFTERNOON SNACK	Rice Crackers with Salsa Dip	Greek Style Forest Berry Yoghurt	Corn & Parmesan Muffin	Walnut & Date Cake	Fruit n Nut Mix	Fruit Bun	Biscuits with Pate
OR							
OPTIONAL LUNCHES	Cheese & Mustard Relish Multigrain Sandwich Red Apple	Corned Beef & Tomato Soy & Linseed Sandwich Two Fruits Fruit Cup	Tuna, Tomato & Mayonnaise on a Soy & Linseed Roll Orange	Smoked Beef with Caramelised Onion Chutney on a Round Roll Green Apple	Chicken Spaghetti Kiwifruit	Ham & Tomato on a Long Grain Roll Pear Fruit Cup	Sliced Turkey with Cranberry Sauce on a Round Roll Fruit Salad Fruit Cup
OPTIONAL AFTERNOON SNACK	Roasted Chick Peas	Rice Crackers	Chocolate Muesli Bar	Tropical Nut Mix	Light Fruit Cake	Apricot Snack Pack	Apple & Sultana Pancake

1200

Week B

Order from this menu if your delivery is for the week
30/08/10
27/09/10
25/10/10

➔ 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* Soy & Linseed Toast with Vegemite	Classic Fruit Muesli with skim milk* Greek Style Passionfruit Yoghurt	Bircher Muesli Grain Toast with Apricot Jam	Fruit n Bran Cereal with skim milk* Grain Toast with Honey	Weet Bix with skim milk* Fruit n Muesli Toast with Spread	Bacon & Egg with Soy & Linseed Toast	Grilled Cheese & Tomato on a Toasted Multigrain Muffin
POPULAR MORNING SNACK	Mandarin	Fruit Salad Fruit Cup	Mandarin	Red Apple	Orange	Peach Fruit Cup	Red Apple
OR							
OPTIONAL BREAKFASTS	Two slices of Soy & Linseed Toast with Apricot Jam	Toasted Fruit Muffin with Spread	Vanilla Crunch Cereal with skim milk* Grain Toast with Strawberry Jam	Toasted Multigrain Muffin with Peanut Butter	Baked Beans on Soy & Linseed Toast	Fruit n Bran Cereal with skim milk* Grain Toast with Marmalade	Classic Fruit Muesli with skim milk* Grain Toast with Vegemite
OPTIONAL MORNING SNACK	Red Apple	Pear Fruit Cup	Orange	Mandarin	Peach Fruit Cup	Red Apple	Kiwifruit

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Warm Thai Chicken & Crispy Noodle Salad Black Forest Pears	Turkish Meatballs & Cous Cous with Moroccan Dressing Orange	Tandoori Chicken with Salad & Fruit Chutney in a Wrap Red Apple	Savoury Meatballs with Salad & Moroccan Relish Pear Fruit Cup	Penne Pesto Pasta Red Apple	Chicken Burger with sliced Tomato & Beetroot Relish on a Round Roll Mandarin	Vietnamese Rice Bowl Two Fruits Fruit Cup
POPULAR AFTERNOON SNACK	Spicy Fruit Biscuits	Apple & Cranberry Muffin	Chocolate Muesli Bar	Sultana & Date Cookie	Greek Style Passionfruit Yoghurt	Cracker & Nut Mix	Crunchy Noodle Snack
OR							
OPTIONAL LUNCHES	Ham, Cheese & Tomato on a Round Roll Orange	Smoked Chicken with Cranberry Sauce on a Soy & Linseed Roll Red Apple	Smokey Bacon & Tomato Pasta Green Apple	Tuna, Tomato & Mayonnaise Multigrain Sandwich Fruit Medley	Corned Beef & Tomato on a Soy & Linseed Roll Kiwifruit	Cheese & Mustard Relish Multigrain Sandwich Two Fruits Fruit Cup	Smoked Beef & Tomato on a Long Grain Roll Orange
OPTIONAL AFTERNOON SNACK	Corn & Parmesan Muffin	Cheese & Biscuits	Fruit Bun	Popcorn	Sultana Tea Cake	Spicy Fruit Biscuits	Apricot Muesli Bar

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Lite n' Easy

1200

Week C

Order from this menu if your delivery is for the week
06/09/10
04/10/10
01/11/10

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

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Beef Rissoles with Asian Coleslaw & Dressing Two Fruits Fruit Cup	BBQ Chicken Pizza Tropical Crush	Soy Chicken Tender & Crispy Noodle Salad with Vietnamese Dressing Peaches & Apricots	Mediterranean Meatballs with Pasta Red Apple	Veggie Burger with sliced Tomato & Sweet Chilli Sauce on a Round Roll Peach Fruit Cup	Asian Rice Bowl Red Apple	Chicken Alfredo Pear Fruit Cup
POPULAR AFTERNOON SNACK	Raspberry & Apple Crumble	Roasted Chick Peas	Sultana Tea Cake	Apricot Muesli Bar	Citrus Sultana Oat Biscuit	Greek Style Passionfruit Yoghurt	Corn Chips with Salsa Dip
OR							
OPTIONAL LUNCHES	Sliced Turkey with Cranberry Sauce on a Round Roll Mandarin	Ham, Cheese & Tomato Multigrain Sandwich Red Apple	Corned Beef & Tomato on a Round Roll Orange	Cheese & Fruit Chutney on a Long Grain Roll Two Fruits Fruit Cup	Tuna, Tomato & Mayonnaise Multigrain Sandwich Mandarin	Smoked Beef & Tomato Soy & Linseed Sandwich Peach Fruit Cup	Cheese with Caramelised Onion Chutney on a Round Roll Red Apple
OPTIONAL AFTERNOON SNACK	Walnut & Date Cake	Vegetable Frittata	Sultana & Date Cookie	Ricotta Spinach Cake	Popcorn	Cracker & Nut Mix	Apricot Muesli Bar

1200

Week D

Order from this menu if your delivery is for the week
13/09/10
11/10/10
08/11/10

➔ order online at www.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* Soy & Linseed Toast with Vegemite	Bircher Muesli Grain Toast with Marmalade	Ham & Tomato on a Toasted Multigrain Muffin	Baked Beans on Soy & Linseed Toast	Vanilla Crunch Cereal with skim milk* Grain Toast with Apricot Jam	Fruit n Bran Cereal with skim milk* Grain Toast with Peanut Butter	Fruit n Muesli Toast with Spread Vanilla Yoghurt
POPULAR MORNING SNACK	Orange	Kiwifruit	Red Apple	Pear Fruit Cup	Mandarin	Apricot Snack Pack	Mandarin
OR							
OPTIONAL BREAKFASTS	Two slices of Grain Toast with Peanut Butter	Egg on a Toasted Multigrain Muffin	Fruit n Bran Cereal with skim milk* Grain Toast with Vegemite	Weet Bix with skim milk* Soy & Linseed Toast with Strawberry Jam	Egg on a Toasted Multigrain Muffin	Cheese & Tomato Toasted Soy & Linseed Sandwich	Creamy Almond & Vanilla Oats Grain Toast with Vegemite
OPTIONAL MORNING SNACK	Fruit Medley	Green Apple	Pear Fruit Cup	Green Apple	Red Apple	Peach Fruit Cup	Orange

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
POPULAR LUNCHES	Roast Chicken Tender with Salad & Mayonnaise in a Wrap Peach Melba	Szechwan Hokkien Noodles Two Fruits Fruit Cup	Thai Chicken Cakes with Asian Slaw and Sweet Chilli & Sesame Dressing Apple & Vanilla Custard	Chicken Cacciatore Pasta Red Apple	Shepherds Pie Peach Fruit Cup	Hamburger with sliced Tomato & Caramelised Onion Chutney on a Soy & Linseed Roll Orange	Chicken Fettuccine with Pesto Red Apple
POPULAR AFTERNOON SNACK	Apple & Sultana Pancake	Greek Style Forest Berry Yoghurt	Muesli Cookie	Tropical Nut Mix	Apricot Muesli Bar	Popcorn	Cheese & Biscuits
OR							
OPTIONAL LUNCHES	Pumpkin Soup Long Grain Roll with Cheese	Corned Beef with Caramelised Onion Chutney on a Round Roll Orange	Smoked Beef & Tomato on a Long Grain Roll Mandarin	Tuna, Tomato & Mayonnaise Multigrain Sandwich Apricot Snack Pack	Sliced Turkey with Cranberry Sauce on a Soy & Linseed Roll Two Fruits Fruit Cup	Cheese & Fruit Chutney Multigrain Sandwich Red Apple	Ham & Tomato on a Soy & Linseed Roll Kiwifruit
OPTIONAL AFTERNOON SNACK	Red Apple	Soy Nuts	Crunchy Noodle Snack	Chocolate Muesli Bar	Citrus Sultana Oat Biscuit	Zucchini & Carrot Bread	Fruit n Nut Mix

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