

SPRING 2010

# 1500 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

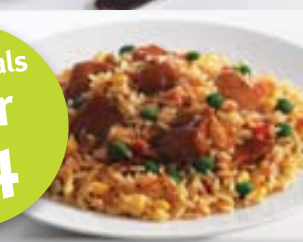
## Delicious Extras (for very little extra)

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

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

# 1500

# Week A

Order from this menu if your delivery is for the week  
23/08/10  
20/09/10  
18/10/10

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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* Two slices of <b>Grain Toast</b> with Spread & Strawberry Jam	Apricot Yoghurt Crumble <b>Toasted Fruit Muffin</b> with Spread	Fruit n Bran Cereal with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Marmalade	Classic Fruit Muesli with skim milk* <b>Grain Toast</b> with Peanut Butter Vanilla Yoghurt	<b>Bacon &amp; Two Eggs</b> with a <b>Toasted Multigrain Muffin</b>	Two slices of <b>Fruit n Muesli Toast</b> with Spread Greek Style Passionfruit Yoghurt	Fruit n Bran Cereal with skim milk* <b>Ham, Tomato &amp; Cheese Omelette</b> <b>Soy &amp; Linseed Toast</b> with Vegemite
<b>POPULAR MORNING SNACK</b>	Two Fruits Fruit Cup	Orange	Mandarin	Kiwifruit	Peach Fruit Cup	Mandarin	Red Apple
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Creamy Almond & Vanilla Oats Grilled Cheese, Ham & Tomato on a <b>Toasted Multigrain Muffin</b>	Two Eggs & Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	Vanilla Crunch Cereal with skim milk* <b>Toasted Fruit Muffin</b> with Spread	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 & Vegemite	Weet Bix with skim milk* Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Spread & Honey
<b>OPTIONAL MORNING SNACK</b>	Mandarin	Mandarin	Fruit Medley	Peach Fruit Cup	Red Apple	Green 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>Roast Chicken Tender</b> with Salad & Mayonnaise on a <b>Round Roll</b> Orange	Asian Dim Sims with Canton Dressing Vanilla Pears with Orange Syrup	<b>Greek Meatballs</b> with Salad & Cucumber Raita in a Wrap Red Apple	<b>Roast Chicken Linguine</b> Fruit Salad Fruit Cup	<b>Hamburger</b> with sliced Tomato & Beetroot Relish on a <b>Round Roll</b> Apricot Snack Pack	<b>Broccoli &amp; Chicken Pasta Bake</b> Red Apple	<b>Fettuccine Bolognese</b> Pear Fruit Cup
<b>POPULAR AFTERNOON SNACK</b>	Rice Crackers with Salsa Dip <b>Citrus Sultana Oat Biscuit</b>	Greek Style Forest Berry Yoghurt <b>Banana &amp; Date Muffin</b>	<b>Corn &amp; Parmesan Muffin</b> Vanilla Yoghurt	<b>Walnut &amp; Date Cake</b> <b>Ricotta Spinach Cake</b>	Fruit n Nut Mix <b>Vegetable Frittata</b>	<b>Fruit Bun</b> Apricot Muesli Bar	Biscuits with Pate <b>Sultana Tea Cake</b>
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	Cheese & Mustard Relish <b>Multigrain Sandwich</b> Red Apple	Corned Beef & Tomato <b>Soy &amp; Linseed Sandwich</b> Two Fruits Fruit Cup	Tuna, Tomato & Mayonnaise on a <b>Soy &amp; Linseed Roll</b> Orange	Smoked Beef with Caramelised Onion Chutney on a <b>Round Roll</b> Green Apple	<b>Chicken Spaghetti</b> Kiwifruit	Ham & Tomato on a <b>Long Grain Roll</b> Pear Fruit Cup	Sliced Turkey with Cranberry Sauce on a <b>Round Roll</b> Fruit Salad Fruit Cup
<b>OPTIONAL AFTERNOON SNACK</b>	Roasted Chick Peas <b>Sultana Tea Cake</b>	Rice Crackers Apricot Muesli Bar	Chocolate Muesli Bar Corn Chips with Salsa Dip	Tropical Nut Mix <b>Apple &amp; Cranberry Muffin</b>	<b>Light Fruit Cake</b> Cheese & Biscuits	Apricot Snack Pack <b>Spinach &amp; Fetta Muffin</b>	<b>Apple &amp; Sultana Pancake</b> Cracker & Nut Mix

# 1500

# Week B

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

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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* Baked Beans on <b>Soy &amp; Linseed Toast</b>	Classic Fruit Muesli with skim milk* <b>Soy &amp; Linseed Toast</b> with Vegemite Greek Style Passionfruit Yoghurt	Bircher Muesli Two slices of <b>Grain Toast</b> with Spread & Apricot Jam	Fruit n Bran Cereal with skim milk* Cheese & Tomato <b>Toasted Multigrain Sandwich</b>	Weet Bix with skim milk* Two slices of <b>Fruit n Muesli Toast</b> with Spread	<b>Bacon &amp; Two Eggs with Soy &amp; Linseed Toast</b> & Spread	Ham, Cheese & Tomato <b>Toasted Multigrain Muffin</b> Greek Style Forest Berry Yoghurt
<b>POPULAR MORNING SNACK</b>	Mandarin	Fruit Salad Fruit Cup	Mandarin	Red Apple	Orange	Peach Fruit Cup	Red Apple
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Creamy Almond & Vanilla Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Apricot Jam	Fruit n Bran Cereal with skim milk* <b>Toasted Fruit Muffin</b> with Spread	Vanilla Crunch Cereal with skim milk* Two slices of <b>Grain Toast</b> with Spread & Strawberry Jam	Weet Bix with skim milk* <b>Toasted Multigrain Muffin</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* <b>Grain Toast</b> with Marmalade Vanilla Yoghurt	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	Warm <b>Thai Chicken &amp; Crispy Noodle Salad</b> Black Forest Pears	Turkish Meatballs & Cous Cous with Moroccan Dressing Orange	<b>Tandoori Chicken</b> with Salad & Fruit Chutney in a Wrap Red Apple	<b>Savoury Meatballs</b> with Salad & Moroccan Relish Pear Fruit Cup	<b>Penne Pesto Pasta</b> with Melted Cheese Red Apple	<b>Chicken Burger</b> with sliced Tomato & Beetroot Relish on a <b>Round Roll</b> Mandarin	<b>Nasi Goreng Rice with Thai Chicken Balls</b> Two Fruits Fruit Cup
<b>POPULAR AFTERNOON SNACK</b>	Spicy Fruit Biscuits Greek Style Forest Berry Yoghurt	<b>Apple &amp; Cranberry Muffin</b> Corn Chips with Salsa Dip	Chocolate Muesli Bar <b>Apple &amp; Sultana Pancake</b>	Sultana & Date Cookie <b>Corn Fritters</b> with Spicy Tomato Salsa	Greek Style Passionfruit Yoghurt <b>Spinach &amp; Fetta Muffin</b>	Cracker & Nut Mix <b>Fruit Bun</b>	Crunchy Noodle Snack
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	Ham, Cheese & Tomato on a <b>Round Roll</b> Orange	Smoked Chicken with Cranberry Sauce on a <b>Soy &amp; Linseed Roll</b> Red Apple	<b>Smokey Bacon &amp; Tomato Pasta</b> Green Apple	Tuna, Tomato & Mayonnaise <b>Multigrain Sandwich</b> Fruit Medley	Corned Beef & Tomato on a <b>Soy &amp; Linseed Roll</b> Kiwifruit	Cheese & Mustard Relish <b>Multigrain Sandwich</b> Two Fruits Fruit Cup	Smoked Beef & Tomato on a <b>Long Grain Roll</b> Orange
<b>OPTIONAL AFTERNOON SNACK</b>	<b>Corn &amp; Parmesan Muffin</b> Fruit n Nut Mix	Cheese & Biscuits <b>Citrus Sultana Oat Biscuit</b>	<b>Fruit Bun</b> Soy Nuts	Popcorn Chocolate Muesli Bar	<b>Sultana Tea Cake</b> Crunchy Noodle Snack	Spicy Fruit Biscuits <b>Vegetable Frittata</b>	Apricot Muesli Bar Roasted Chick Peas

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# 1500

# Week C

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>POPULAR BREAKFASTS</b>	<b>Pikelets</b> with Fruit Compote <b>Soy &amp; Linseed Toast</b> with Vegemite	<b>Ham, Tomato &amp; Cheese Omelette</b> Two slices of <b>Soy &amp; Linseed Toast</b> with Strawberry Jam	Weet Bix with skim milk* Ham, Cheese & Tomato <b>Toasted Multigrain Sandwich</b>	<b>Bacon, Egg &amp; Tomato</b> with two slices of <b>Soy &amp; Linseed Toast</b>	Classic Fruit Muesli with skim milk* <b>Spinach &amp; Fetta Muffin</b> with Spread	Fruit n Bran Cereal with skim milk* Two slices of <b>Grain Toast</b> with Peanut Butter & Honey	Two slices of <b>Fruit n Muesli Toast</b> with Spread Vanilla Yoghurt
<b>POPULAR MORNING SNACK</b>	Vanilla Yoghurt	Orange	Red Apple	Fruit Salad Fruit Cup	Red Apple	Orange	Mandarin
<b>OPTIONAL BREAKFASTS</b>	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	Vanilla Crunch Cereal with skim milk* <b>Toasted Multigrain Muffin</b> with Spread & Vegemite	Weet Bix with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Spread & Marmalade	Creamy Almond & Vanilla Oats <b>Cheese &amp; Tomato Toasted Multigrain Sandwich</b>	Two Eggs, Cheese & Tomato with a <b>Toasted Multigrain Muffin</b>	Classic Fruit Muesli with skim milk* Two slices of <b>Grain Toast</b> with Spread & Vegemite
<b>OPTIONAL MORNING SNACK</b>	Red Apple	Green Apple	Pear Fruit Cup	Kiwifruit	Fruit Salad Fruit Cup	Apricot Snack Pack	Kiwifruit

**OR**

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

**OR**

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*Lite n' Easy*

# 1500

# Week D

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

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>POPULAR BREAKFASTS</b>	Classic Fruit Muesli with skim milk* Two Eggs with Soy & Linseed Toast	Bircher Muesli Two slices of <b>Grain Toast</b> with Spread & Marmalade	Ham, Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b> with Spread	Baked Beans & Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	Vanilla Crunch Cereal with skim milk* <b>Grain Toast</b> with Apricot Jam Greek Style Forest Berry Yoghurt	Fruit n Bran Cereal with skim milk* Two slices of <b>Grain Toast</b> with Peanut Butter & Honey	Two slices of <b>Fruit n Muesli Toast</b> with Spread Vanilla Yoghurt
<b>POPULAR MORNING SNACK</b>	Orange	Kiwifruit	Red Apple	Pear Fruit Cup	Mandarin	Apricot Snack Pack	Mandarin
<b>OR</b>							
<b>OPTIONAL BREAKFASTS</b>	Two slices of <b>Grain Toast</b> with Apricot Jam Greek Style Passionfruit Yoghurt	Two Eggs & Cheese on a <b>Toasted Multigrain Muffin</b>	Fruit n Bran Cereal 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	<b>Bacon, Egg &amp; Tomato</b> with a <b>Toasted Multigrain Muffin</b> & Spread	Classic Fruit Muesli with skim milk* Cheese & Tomato <b>Toasted Soy &amp; Linseed Sandwich</b>	Creamy Almond & Vanilla Oats Two slices of <b>Grain Toast</b> with Spread & Vegemite
<b>OPTIONAL MORNING SNACK</b>	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
<b>POPULAR LUNCHES</b>	<b>Roast Chicken Tender</b> with Salad & Mayonnaise in a Wrap Peach Melba	Szechwan Hokkien Noodles Two Fruits Fruit Cup	<b>Thai Chicken Cakes</b> with Asian Slaw and Sweet Chilli & Sesame Dressing Apple & Vanilla Custard	<b>Chicken Cacciatore Pasta</b> Red Apple	<b>Shepherds Pie</b> Peach Fruit Cup	<b>Hamburger</b> with sliced Tomato & Caramelised Onion Chutney on a <b>Soy &amp; Linseed Roll</b> Orange	<b>Chicken Fettuccine with Pesto</b> Red Apple
<b>POPULAR AFTERNOON SNACK</b>	<b>Apple &amp; Sultana Pancake</b> <b>Baked Vegetable Pattie</b> & Sweet Chilli Sauce	Greek Style Forest Berry Yoghurt <b>Apple &amp; Cranberry Muffin</b>	Muesli Cookie Greek Style Passionfruit Yoghurt	Tropical Nut Mix Sultana & Date Cookie	Apricot Muesli Bar Cracker & Nut Mix	Popcorn Chocolate Muesli Bar	Cheese & Biscuits <b>Pikelets</b> with Strawberry Jam
<b>OR</b>							
<b>OPTIONAL LUNCHES</b>	<b>Pumpkin Soup</b> <b>Long Grain Roll</b> with Cheese Red Apple	Corned Beef with Caramelised Onion Chutney on a <b>Round Roll</b> Orange	Smoked Beef & Tomato on a <b>Long Grain Roll</b> Mandarin	Tuna, Tomato & Mayonnaise <b>Multigrain Sandwich</b> Apricot Snack Pack	Sliced Turkey with Cranberry Sauce on a <b>Soy &amp; Linseed Roll</b> Two Fruits Fruit Cup	Cheese & Fruit Chutney <b>Multigrain Sandwich</b> Red Apple	Ham & Tomato on a <b>Soy &amp; Linseed Roll</b> Kiwifruit
<b>OPTIONAL AFTERNOON SNACK</b>	Muesli Cookie	Soy Nuts Apricot Muesli Bar	Crunchy Noodle Snack <b>Walnut &amp; Date Cake</b>	Chocolate Muesli Bar <b>Ricotta Spinach Cake</b>	<b>Citrus Sultana Oat Biscuit</b> <b>Corn Fritters</b> with Spicy Tomato Salsa	<b>Zucchini &amp; Carrot Bread</b> Popcorn	Fruit n Nut Mix <b>Corn &amp; Parmesan Muffin</b>

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*Lite n' Easy*