<table>
<thead>
<tr>
<th>Week A</th>
<th>1800 Calories when combined with your Lite n' Easy dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td><strong>Day 2</strong></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Fresh Omelette (Two Eggs, Roasted Vegetables and Cheese) with Ciabatta Toast and Butter</td>
<td>Fruity Almond Crunch with skim milk* Two slices of Soy &amp; Linseed Toast with Butter (2) and Vegemite</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Sesame Pork and Asian Salad with Crispy Noodles</td>
<td>Classic Supreme Pizza with melted Cheese Fresh Cut Fruit</td>
</tr>
<tr>
<td>Tropical Fruit in Yoghurt with Cranberries &amp; Toasted Coconut Corn Chips with Salsa Dip</td>
<td>Apple &amp; Almond Muffin Savoury Nut Mix</td>
</tr>
<tr>
<td>Veggie Burger with Avocado, Salad and Tasty Relish on a Grain Roll Red Apple</td>
<td>BBQ Pork &amp; Vietnamese Slaw with Sriracha Mayo on a Grain Roll Kiwifruit</td>
</tr>
<tr>
<td>* 1800 Calories when combined with your Lite n' Easy dinner</td>
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</tr>
</tbody>
</table>

Depending on seasonality and availability, your Fresh Cut Fruit may include any combination of pineapple, melons and grapes. Fresh Fruit may include strawberries, grapes, mandarins or other types of whole fresh fruit.

* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)
### Week B

**Breakfast and morning snack**

<table>
<thead>
<tr>
<th>Day</th>
<th>Option 1</th>
<th>Option 2</th>
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</thead>
<tbody>
<tr>
<td>1</td>
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<td><strong>Optional</strong></td>
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<td>2</td>
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<tr>
<td>7</td>
<td><strong>Popular</strong></td>
<td><strong>Optional</strong></td>
</tr>
</tbody>
</table>

- **Fruity Almond Crunch** with skim milk*
- **Bacon** and Poached Egg with Tomato Chutney on a toasted English Multigrain Muffin
- **Fresh Cut Fruit**
- **Almond Toasted Muesli** with skim milk*
- **Baked Beans, Egg and Cheese** on two slices of **Multigrain Toast** with Peanut Butter and Strawberry Jam
- **Kiwi fruit**
- **Egg & Avocado Salad** with Honey Mustard Dressing
- **Tropical Crush**
- **Quinoa & Cranberry Slaw** with Tuna and Lemon Vinaigrette
- **Red Apple**
- **Roasted Maple Walnuts & Cashews**
- **Chargrilled Rissoles**, Sweet Slaw and Creamy Cheese Dressing in a Wrap
- **Fresh Fruit**
- **Chicken, Avocado & Salad sandwich on Soy & Linseed**
- **Peach & Pear Cup**
- **Quinoa & Cranberry Slaw** with Tuna and Lemon Vinaigrette
- **Red Apple**
- **Dry Roasted Almonds**
- **Thai Coconut & Lime Chicken**
- **Spaghetti Bolognaise**
- **Peanuts, Almonds & Cashews**
- **Choc Crunch Cookie**
- **Corned Beef, Tomato and Mustard Relish sandwich on Multigrain**
- **Thai Coconut & Lime Chicken**
- **Spaghetti Bolognaise**
- **Peanuts, Almonds & Cashews**
- **Choc Crunch Cookie**

* **1800 Calories when combined with your Lite n’ Easy dinner**

**Lunch and afternoon snack**

<table>
<thead>
<tr>
<th>Day</th>
<th>Option 1</th>
<th>Option 2</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Popular</strong></td>
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<tr>
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<td>3</td>
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<td>4</td>
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<tr>
<td>7</td>
<td><strong>Popular</strong></td>
<td><strong>Optional</strong></td>
</tr>
</tbody>
</table>

- **Maple, Pear & Wheat Flakes with skim milk**
- **Two slices of Wholemeal & Seed Toast** with Butter and Plum Jam
- **Red Apple**
- **Apple & Cinnamon Bircher Muesli**
- **Rye Toast** with Plum Jam
- **Orange**
- **Asian Meatballs with Jasmine Rice**
- **Multigrain Muffin**
- **Banana & Date Muffin**
- **Green Apple & Cinnamon Oat Bar**
- **Chargrilled Chicken**
- **Sweet Chicken Curry**
- **Mexican Chicken Stack**
- **Date & Ginger Cookie**
- **Pikelets with Passionfruit Yoghurt**
- **Roast Beef, Tomato and Corn Relish on a Grain Roll**
- **Tomato Soup with Ciabatta Toast** and Butter
- **Classic Choc & Oats Bar**
- **Roast Beef, Tomato and Corn Relish on a Grain Roll**
- **Butter Chicken**
- **Mexican Pulled Beef**
- **Tomato, Baby Cucumber and Raita in a Turmeric & Coconut Wrap**
- **Raspberry & Apple Crumble**
- **Cashews & Cranberries Walnut & Date Cake**
- **Double Chocolate Cake**
- **Rice Pudding**

* **1800 Calories when combined with your Lite n’ Easy dinner**

**Additional snacks for both A&B options**

- **Corned Beef, Tomato and Mustard Relish sandwich on Multigrain**
- **Thai Coconut & Lime Chicken**
- **Spaghetti Bolognaise**
- **Peanuts, Almonds & Cashews**
- **Choc Crunch Cookie**
- **Corned Beef, Tomato and Mustard Relish sandwich on Multigrain**
- **Thai Coconut & Lime Chicken**
- **Spaghetti Bolognaise**
- **Peanuts, Almonds & Cashews**
- **Choc Crunch Cookie**

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*You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)*

Some breakfast and lunch items require a small amount of preparation.
This menu is for delivery weeks starting 2 Dec • 30 Dec • 27 Jan • 24 Feb

Eating meals in day order will ensure optimum freshness and nutritional balance.

### Week C

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<tbody>
<tr>
<td><strong>Popular</strong></td>
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<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Optional</strong></td>
<td><strong>Optional</strong></td>
<td><strong>Optional</strong></td>
</tr>
<tr>
<td>Almond &amp; Honey Oat Crunch with Peaches &amp; Yoghurt</td>
<td>Fresh Frittata (Two Eggs, Sweet Potato, Ham &amp; Cheese) on Soy &amp; Linseed Toast with Butter</td>
<td>Honey Muesli Flakes with skim milk* Two slices of Wholemeal &amp; Seed Toast with Butter and Apricot Jam</td>
<td>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</td>
<td>Almond Toasted Muesli with skim milk* Wholemeal &amp; Seed Toast with Plum Jam Raspberry Yoghurt</td>
<td>Nut Cluster Crunch with skim milk* Bacon &amp; Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk* Two slices of Soy &amp; Linseed Toast with Peanut Butter and Strawberry Jam</td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
<td><strong>Snacks</strong></td>
</tr>
<tr>
<td>Orange</td>
<td>Orange</td>
<td>Peach Snack Cup</td>
<td>Peach &amp; Pear Cup</td>
<td>Peach &amp; Pear Cup</td>
<td>Peach &amp; Pear Cup</td>
<td>Orange</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Chicken, Quinoa &amp; Cranberry Slaw with Lemon Vinaigrette Apricots &amp; Pears</td>
<td>Cheesy Steak Melt with Salad in a Sandwich Thin Fresh Cut Fruit</td>
<td>Chicken &amp; Ham Salad with Caesar Dressing Sweet Pineapple Bites with Passionfruit</td>
<td>Meatlovers Pasta Bake</td>
<td>Sliced Roast Chicken with Tomato and Smashed Avocado in a Wrap</td>
<td>Flame Grilled Meatballs with Mash</td>
<td>Sweet Soy Chicken with Rice Peach Snack Cup</td>
</tr>
<tr>
<td>Classic Choc &amp; Oats Bar</td>
<td>Choc Chip &amp; Orange Cake 9 Grain Crispbread with Peanut Butter</td>
<td>Dry Roasted Almonds Apple &amp; Cranberry Muffin</td>
<td>Mango Yoghurt Maple Coconut Crunch with Cranberries</td>
<td>Double Chocolate Cake</td>
<td>Sweet Corn Fritters and Tomato Chutney</td>
<td>Pistachio, White Chocolate &amp; Strawberries Cheese &amp; Crackers</td>
</tr>
<tr>
<td>BBQ Pork &amp; Slaw with Canton Dressing in a Wrap Red Apple</td>
<td>Mediterranean Chicken Pizza with melted Cheese Peach Cup</td>
<td>Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie Kiwifruit</td>
<td>Roast Chicken Tender, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange</td>
<td>Corn Chips with Salsa Dip White Chocolate Blush Cake</td>
<td>Sliced Roast Chicken, Tomato and Mayonnaise on a Grain Roll Dried Apricots</td>
<td>Salmon, Tomato and Mayonnaise sandwich on Multigrain Red Apple</td>
</tr>
<tr>
<td>Citrus &amp; Coconut Cake</td>
<td>Peanuts, Almonds &amp; Cashews</td>
<td>Walnut &amp; Date Cake 9 Grain Crispbread with Butter and Vegemite</td>
<td>Corn Chips with Salsa Dip</td>
<td>Apple Crumble</td>
<td>Passionfruit Yoghurt Sultana Tea Cake</td>
<td>Mixed Nuts</td>
</tr>
</tbody>
</table>

### Additional snacks for both A&B options

- Penne Pesto Pasta
- Creamy Chicken & Risoni
- Vegetable Curry & Rice
- Choc Hazelnut & Fruit Mix
- Ciabatta Toast with Peanut Butter
- Cinnamon Oat Bar Roasted Maple Walnuts & Cashews
- Hearty Cajun Veggie Soup with two slices of Ciabatta Toast and Butter
- Double Choc Berry Pudding Savoury Nut Mix

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Some breakfast and lunch items require a small amount of preparation.

Depending on seasonality and availability, your Fresh Cut Fruit may include any combination of pineapple, melons and grapes. Fresh Fruit may include strawberries, grapes, mandarins or other types of whole fresh fruit.

* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)
## Peach Snack Cup

### BB

- **Kiwifruit**
- **Orange**
- **Mixed Nuts**

This menu is for delivery weeks starting 9 Dec • 6 Jan • 3 Feb • 2 Mar

Eating meals in day order will ensure optimum freshness and nutritional balance.

### Week D

#### Day 1

**Popular**
- Almond Toasted Muesli with skim milk
- Bacon and Egg Mayo on a toasted English Multigrain Muffin

**Optional**
- Fresh Cut Fruit
- Apple, Cranberry & Bran Flakes with skim milk
- Soy & Linseed Toast with Butter and Strawberry Jam
- Raspberry Yoghurt

**Breakfast and morning snack**
- Red Apple

#### Day 2

**Popular**
- Maple, Pear & Wheat Flakes with skim milk
- Multigrain Toast with Apricot Jam
- Passionfruit Yoghurt

**Optional**
- Fresh Fruit
- Two Eggs with Cherry Tomatoes, Avo & Fetta on two slices of Ciabatta Toast
- Red Apple

**Breakfast and morning snack**
- Kiwifruit
- Almonds, Pretzels & Peanuts

#### Day 3

**Popular**
- Nut Cluster Crunch with skim milk
- Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite

**Optional**
- Red Apple
- Orange

**Lunch and afternoon snack**
- Fruit Salad Cup
- Peach Snack Cup

#### Day 4

**Popular**
- Bacon, two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin

**Optional**
- Apple & Cinnamon Bircher Muesli
- Soy & Linseed Toast with Peanut Butter

**Lunch and afternoon snack**
- Orange
- Kiwifruit

#### Day 5

**Popular**
- Two eggs, with Smashed Avocado and Fetta on two slices of Ciabatta Toast

**Optional**
- Baked Beans with two slices of Cheese on two slices of Multigrain Toast

**Lunch and afternoon snack**
- Red Apple

#### Day 6

**Popular**
- Honey Muesli Flakes with skim milk
- Two slices of Multigrain Toast with Butter and Plum Jam

**Optional**
- Baked Beans with two slices of Cheese on two slices of Multigrain Toast
- Multigrain Muffin

**Lunch and afternoon snack**
- Red Apple

#### Day 7

**Popular**
- Honey Muesli Flakes with skim milk
- Two slices of Multigrain Toast with Butter and Plum Jam

**Optional**
- Baked Beans with two slices of Cheese on two slices of Multigrain Toast
- Multigrain Muffin

**Lunch and afternoon snack**
- Orange

### Additional snacks for both A&B options

- Cheese, Tomato and Caramelised Onion sandwich on Multigrain
- Roast Beef, Baby Cucumber and Fruit Chutney sandwich on Wholemeal & Seed
- Tortilla Stack
- Coconut Beef Curry
- Dry Roasted Almonds Raspberry & Apple Crumble
- Tomato Soup with Ciabatta Toast and Butter
- Cinnamon Oat Bar Sweet Corn Fritters with Tomato Jam

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- **Fresh Fruit** may include strawberries, grapes, mandarins or other types of whole fresh fruit.

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