This menu is for delivery weeks starting 9 March • 6 April • 4 May
Eating meals in day order will ensure optimum freshness and nutritional balance.

### Breakfast and morning snack

<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>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
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</tr>
<tr>
<td>Two Eggs and Tomato on Multigrain Toast</td>
<td>Fruity Almond Crunch with skim milk* Soy &amp; Linseed Toast with Butter and Vegemite</td>
<td>Bacon &amp; Zucchini Bread with Egg and Tomato Chutney</td>
<td>Honey Muesli Flakes with skim milk* Wholemeal &amp; Seed Toast with Peanut Butter</td>
<td>Bacon, Egg and Tomato on a toasted English Multigrain Muffin</td>
<td>Maple, Pear &amp; Wheat Flakes with skim milk* Passionfruit Yoghurt</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk* Soy &amp; Linseed Toast with Plum Jam</td>
</tr>
<tr>
<td>Popular</td>
<td>Optional</td>
<td>Popular</td>
<td>Optional</td>
<td>Popular</td>
<td>Optional</td>
<td>Optional</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Red Apple</td>
<td>Kiwifruit</td>
<td>Red Apple</td>
<td>Peach Snack Cup</td>
<td>Kiwifruit</td>
</tr>
</tbody>
</table>

### Lunch and afternoon snack

<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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</thead>
<tbody>
<tr>
<td>A</td>
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</tr>
<tr>
<td>Turkey, Cranberry &amp; Walnut Salad with Creamy Ranch Dressing Fresh Cut Fruit</td>
<td>Mexican Pulled Chicken Nachos with Cheese and Smashed Avocado</td>
<td>Japanese Style Soy Beef &amp; Udon Noodles Peaches with Raspberry Sauce</td>
<td>Chicken, Salad and Mild Chipotle Mayonnaise in a Wrap Peach Snack Cup White Chocolate Blush Cake</td>
<td>Shepherd's Pie Orange</td>
<td>Creamy Chicken &amp; Pesto Penne Peach Snack Cup Coconut Beef Curry Red Apple</td>
<td></td>
</tr>
<tr>
<td>Popular</td>
<td>Optional</td>
<td>Popular</td>
<td>Optional</td>
<td>Popular</td>
<td>Optional</td>
<td>Optional</td>
</tr>
<tr>
<td>Citrus &amp; Coconut Cake</td>
<td>Apricots &amp; Pears</td>
<td>Choc Cranberry Trail Mix</td>
<td>Cheesy Veg Lasagne</td>
<td>Walnut &amp; Date Cake</td>
<td>Choc Hazelnut &amp; Fruit Mix</td>
<td>Mixed Berry Yoghurt</td>
</tr>
<tr>
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</tr>
<tr>
<td>Grass Fed Beef Burger with Caramelised Onion, Salad and Tomato Sauce on a Grain Roll</td>
<td>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette</td>
<td>Wholesome Cauliflower &amp; Cashew Soup with Ciabatta Toast and Butter Orange</td>
<td>Oven Roasted Turkey, Tomato Baby Cucumber and Cranberry Sauce in a Wrap Orange</td>
<td>Roast Beef, Tomato and Corn Relish sandwich on Soy &amp; Linseed Kiwifruit</td>
<td>Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap Orange</td>
<td>Choc Chip &amp; Orange Cake</td>
</tr>
<tr>
<td>B</td>
<td>B</td>
<td>B</td>
<td>B</td>
<td>B</td>
<td>B</td>
<td>B</td>
</tr>
<tr>
<td>Peach &amp; Pear Cup</td>
<td>Red Apple</td>
<td>Banana &amp; Apple Bread</td>
<td>Red Apple</td>
<td>Cinnamon Oat Bar</td>
<td>Vanilla Yoghurt</td>
<td>Choc Chip &amp; Orange Cake</td>
</tr>
</tbody>
</table>

*1200 Calories when combined with your Lite n’ Easy dinner

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)
This menu is for delivery weeks starting 16 March • 13 April • 11 May
Eating meals in day order will ensure optimum freshness and nutritional balance.

### Breakfast and morning snack

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Egg with Tomato &amp; Spinach and Smashed Avocado on Ciabatta Toast</td>
<td>Maple, Pear &amp; Wheat Flakes with skim milk* Wholemeal &amp; Seed Toast with Plum Jam</td>
<td>Two Eggs, Baby Spinach and Fetta on Ciabatta Toast</td>
<td>Nut Cluster Crunch with skim milk* Peach Yoghurt</td>
<td><strong>Bacon, Egg and Tomato on Multigrain Toast</strong></td>
<td>Honey Muesli Flakes with skim milk* Soy &amp; Linseed Toast with Butter and Vegemite</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk* Rye Toast with Strawberry Jam</td>
</tr>
<tr>
<td>Fruity Almond Crunch with skim milk* Mixed Berry Yoghurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peach &amp; Pear Cup</td>
<td>Fresh Fruit</td>
<td>Red Apple</td>
<td>Orange</td>
<td>Red Apple</td>
<td>Orange</td>
<td>Orange</td>
</tr>
</tbody>
</table>

### Lunch and afternoon snack

<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>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Crispy Greens Salad with Raspberry Vinaigrette Fresh Cut Fruit</td>
<td>Classic Supreme Pizza with melted Cheese Tropical Crush</td>
<td>Southern Style Chicken with Roasted Pumpkin &amp; Kale Salad and Lime &amp; Jalapeno Dressing</td>
<td>Slow Cooked Chinese Chicken &amp; Rice</td>
<td>Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap</td>
<td>Sticky BBQ Meatballs with Mixed Vegetable Rice</td>
<td>Broccoli &amp; Chicken Pasta Bake</td>
</tr>
<tr>
<td>Double Chocolate Cake</td>
<td>Vanilla Yoghurt</td>
<td>Vanilla Pears</td>
<td>Red Apple</td>
<td>Dried Plums</td>
<td>Fruit Salad Cup</td>
<td>Red Apple</td>
</tr>
<tr>
<td>Country Vegetable &amp; Bacon Soup with Ciabatta Toast and Butter Kiwifruit</td>
<td>Chargrilled Chicken &amp; Parmesan Burger with Cos &amp; Tomato and Chutney on a Grain Roll</td>
<td>BBQ Pork &amp; Slaw with Canton Dressing in a Wrap</td>
<td>Corned Beef, Tomato and Fruit Chutney sandwich on Wholemeal &amp; Seed Peach Snack Cup</td>
<td>Tasmanian Salmon Risotto Red Apple</td>
<td>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll Red Apple</td>
<td>Ham, Cheese and Tomato sandwich on Soy &amp; Linseed</td>
</tr>
<tr>
<td>Mixed Nuts</td>
<td>Red Apple</td>
<td>Orange</td>
<td>Choc Cranberry Trail Mix</td>
<td>9 Grain Crispbread with Butter and Vegemite</td>
<td>Passionfruit Yoghurt</td>
<td>Pear Cup</td>
</tr>
</tbody>
</table>

### Snack

- **Fresh 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)
- *You supply 1.200 Calories when combined with your Lite n’ Easy dinner
- Some breakfast and lunch items require a small amount of preparation.
- Items in blue are stored in the freezer.

---

* 1200 Calories when combined with your Lite n’ Easy dinner

Some breakfast and lunch items require a small amount of preparation.
This menu is for delivery weeks starting 23 March • 20 April • 18 May

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

<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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</thead>
<tbody>
<tr>
<td>Fresh Cut Fruit</td>
<td>Fresh Fruit</td>
<td>Orange</td>
<td>Fruit Salad Cup</td>
<td>Red Apple</td>
<td>Peach &amp; Pear Cup</td>
<td>Red Apple</td>
</tr>
<tr>
<td>Bacon, Egg and Tomato</td>
<td>Creamy Cranberry &amp;</td>
<td>Baked Beans and</td>
<td>Nut Cluster Crunch</td>
<td>Ham, Cheese and</td>
<td>Crunchy Hazelnut Bran</td>
<td>Bacon &amp; Zucchini</td>
</tr>
<tr>
<td>on a toasted English</td>
<td>Apple Oats</td>
<td>Cheese on Soy &amp; Linseed</td>
<td>with skim milk* VanillaYoghurt</td>
<td>Tomato Sandwich with</td>
<td>Bread with Egg and</td>
<td>Bread with Egg and</td>
</tr>
<tr>
<td>Multigrain Muffin</td>
<td></td>
<td>Toast</td>
<td></td>
<td>Tomato Sauce</td>
<td>Tomato Chutney</td>
<td>Tomato Chutney</td>
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<tr>
<td>Clean Fruit</td>
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<tr>
<td>Dried Apricots</td>
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<td>Fresh Fruit</td>
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<tr>
<td>Lunch</td>
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</tbody>
</table>

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

*1200 Calories when combined with your Lite n’ Easy dinner

Fresh Fruit may include any combination of pineapple, melons and grapes. Some breakfast and lunch items require a small amount of preparation.

* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)
This menu is for delivery weeks starting 30 March • 27 April • 25 May
Eating meals in day order will ensure optimum freshness and nutritional balance.

### Breakfast and morning snack

**Popular**
- Bacon and Egg Mayo on a toasted English Multigrain Muffin
- Maple, Pear & Wheat Flakes with skim milk* Vanilla Yoghurt
- Nut Cluster Crunch with skim milk* Wholemeal & Seed Toast with Butter and Vegemite
- Two Eggs and Tomato on a toasted English Multigrain Muffin
- Apple, Cranberry & Bran Flakes with skim milk* Soy & Linseed Toast with Honey
- Egg with Smashed Avocado and Fetta on Ciabatta Toast
- Honey Muesli Flakes with skim milk* Rye Toast with Plum Jam

**Optional**
- Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Honey
- Baked Beans and Cheese on Soy & Linseed Toast
- Ham, Cheese and Tomato on Multigrain Toast
- Apple & Raspberry Bircher Muesli
- Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin
- Almond Toasted Muesli with skim milk* Passionfruit Yoghurt
- Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie
- Some breakfast and lunch items require a small amount of preparation.

**Fresh Fruit**
- Fresh Fruit
- Fresh Cut Fruit
- Orange
- Kiwifruit
- Red Apple
- Pear Cup
- Peach Snack Cup
- Kiwifruit
- Orange

### Lunch and afternoon snack

**Popular**
- Chicken & Avocado Salad with Creamy Ranch Dressing
- Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing
- BBQ Pork & Slaw with Canton Dressing in a Wrap
- Chicken Fajita Bowl
- Chargrilled Chicken & Parmesan Burger with Tomato, Baby Spinach and Tomato Chutney on a Grain Roll
- Baked Potato Bolognais
- Steamed Chicken with Ginger & Shallot
- Dry Roasted Almonds
- Sweet Pineapple Bites with Passionfruit
- Peach Yoghurt
- Fruit Salad Cup
- Fruit Salad Cup
- Frozen Mango Pieces
- Cheese & Crackers
- Peach Cup

**Optional**
- Pears & Apples in Yoghurt with Almonds & Sultanas
- Flame Grilled Meatballs with Mash
- Oven Roasted Turkey, Baby Cucumber and Cranberry Sauce on a Grain Roll
- Pumpkin Soup and a Cheese and Tomato Sandwich Thin Toastie
- Corned Beef, Tomato and Mustard Relish sandwich on Multigrain Kiwifruit
- Penne Pesto Pasta
- Roast Chicken Tender, Tomato and Mayonnaise in a Wrap
- Double Chocolate Cake
- Red Apple
- Orange
- Red Apple
- Red Apple
- Mixed Berry Yoghurt
- Cheese & Crackers
- Peach Cup

**Items in blue are stored in the freezer**

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

*1200 Calories when combined with your Lite n’ Easy dinner

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.

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