**Number of Calories:**
- 1500 Calories when combined with your Lite n’ Easy dinner.

**Menu Details:**
This menu is for delivery weeks starting 9 March • 6 April • 4 May.

**Eating Meals in Day Order:**
Eating meals in day order will ensure optimum freshness and nutritional balance.

**Meal Types:**
- **Breakfast and morning snack**
- **Lunch and afternoon snack**

**Menu Options:**
- Popular
- Optional

### Week A

<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><strong>Breakfast</strong>&lt;br&gt;Bacon, two Eggs and Tomato on two slices of Multigrain Toast</td>
<td>Fruity Almond Crunch with skim milk*&lt;br&gt;Two slices of Soy &amp; Linseed Toast with Butter (2) and Vegemite</td>
<td>Nut Cluster Crunch with skim milk*&lt;br&gt;Bacon &amp; Zucchini Bread with Egg and Tomato Chutney</td>
<td>Honey Muesli Flakes with skim milk*&lt;br&gt;Two slices of Wholemeal &amp; Seed Toast with Peanut Butter and Strawberry Jam</td>
<td><strong>Breakfast</strong>&lt;br&gt;Bacon, two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin</td>
<td>Maple, Pear &amp; Wheat Flakes with skim milk*&lt;br&gt;Multigrain Toast with Apricot Jam</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk*&lt;br&gt;Two slices of Soy &amp; Linseed Toast with Butter and Plum Jam</td>
</tr>
<tr>
<td><strong>Lunch</strong>&lt;br&gt;<strong>Popular</strong>&lt;br&gt;<strong>Optional</strong>&lt;br&gt;<strong>Other</strong>&lt;br&gt;<strong>Custom</strong>&lt;br&gt;<strong>Items in Blue</strong>&lt;br&gt;<strong>To be supplied</strong></td>
<td><strong>Popular</strong>&lt;br&gt;<strong>Optional</strong>&lt;br&gt;<strong>Other</strong>&lt;br&gt;<strong>Custom</strong>&lt;br&gt;<strong>Items in Blue</strong>&lt;br&gt;<strong>To be supplied</strong></td>
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<tr>
<td><strong>Morning snack</strong>&lt;br&gt;Maple, Pear &amp; Wheat Flakes with skim milk*&lt;br&gt;Two slices of Wholemeal &amp; Seed Toast with Butter and Apricot Jam</td>
<td>Almond Toasted Muesli with skim milk*&lt;br&gt;Bacon, Avocado &amp; Fetta Sandwich Thin Toastie</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk*&lt;br&gt;Rye Toast with Strawberry Jam and Peach Yoghurt</td>
<td>Baked Beans with Bacon, Egg and Cheese on a toasted English Multigrain Muffin</td>
<td><strong>Morning snack</strong>&lt;br&gt;<strong>Popular</strong>&lt;br&gt;<strong>Optional</strong>&lt;br&gt;<strong>Other</strong>&lt;br&gt;<strong>Custom</strong>&lt;br&gt;<strong>Items in Blue</strong>&lt;br&gt;<strong>To be supplied</strong></td>
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<td><strong>Afternoon snack</strong>&lt;br&gt;<strong>Popular</strong>&lt;br&gt;<strong>Optional</strong>&lt;br&gt;<strong>Other</strong>&lt;br&gt;<strong>Custom</strong>&lt;br&gt;<strong>Items in Blue</strong>&lt;br&gt;<strong>To be supplied</strong></td>
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<td><strong>Popular</strong>&lt;br&gt;<strong>Optional</strong>&lt;br&gt;<strong>Other</strong>&lt;br&gt;<strong>Custom</strong>&lt;br&gt;<strong>Items in Blue</strong>&lt;br&gt;<strong>To be supplied</strong></td>
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</table>

**Fresh Cut Fruit**
- Citrus & Coconut Cake
- Peanuts, Almonds & Cashews
- Apricots & Pears

**Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter**
- Orange

**Baked Beans with Bacon, Egg and Cheese on a toasted English Multigrain Muffin**
- **Popular**
- **Optional**
- **Other**
- **Custom**
- **Items in Blue**
- **To be supplied**

**Items in Blue**
- Week of April 6 Hot Cross Bun

**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).

**Things to Supply:**
- 1.75 litres of calcium enriched skim milk per week.

**Seasonal Availability:**
- Depending on seasonality and availability, your Fresh Cut Fruit may include any combination of pineapple, melons and grapes.

**Storage:**
- Items in blue are stored in the freezer.

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* 1500 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 16 March • 13 April • 11 May

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

**Week B**

### Breakfast and morning snack

<table>
<thead>
<tr>
<th>Day</th>
<th>Popular</th>
<th>Optional</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Two Eggs, with Tomato &amp; Spinach, Smashed Avocado and Fetta on two slices of <strong>Ciabatta Toast</strong></td>
<td>Fruity Almond Crunch with skim milk* Soy &amp; Linseed Toast with Butter and Vegemite Mixed Berry Yoghurt Peach &amp; Pear Cup</td>
</tr>
<tr>
<td>2</td>
<td>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of Wholemeal &amp; Seed Toast with Butter and Plum Jam</td>
<td>Fruity Almond Crunch with skim milk* Soy &amp; Linseed Toast with Butter and Vegemite Wholemeal &amp; Seed Toast with Plum Jam</td>
</tr>
<tr>
<td>3</td>
<td>Two Eggs, Baby Spinach and Fetta on two slices of <strong>Ciabatta Toast</strong> with Butter</td>
<td>Apple &amp; Raspberry Bircher Muesli Wholemeal &amp; Seed Toast with Plum Jam</td>
</tr>
<tr>
<td>4</td>
<td>Nut Cluster Crunch with skim milk* Soy &amp; Linseed Toast with Peanut Butter Peach Yoghurt</td>
<td>Baked Beans, <strong>Bacon</strong> and Egg on two slices of Multigrain Toast Maple, Pear &amp; Wheat Flakes with skim milk* Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</td>
</tr>
<tr>
<td>5</td>
<td><strong>Bacon</strong>, two Eggs and Tomato on two slices of Multigrain Toast</td>
<td>Almond Toasted Muesli with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</td>
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<tr>
<td>6</td>
<td>Honey Muesli Flakes with skim milk* Two slices of Soy &amp; Linseed Toast with Butter (2) and Vegemite</td>
<td><strong>Bacon</strong>, two Eggs and Tomato on two slices of Wholemeal &amp; Seed Toast</td>
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<tr>
<td>7</td>
<td><strong>Bacon</strong>, two Eggs and Tomato on two slices of Wholemeal &amp; Seed Toast</td>
<td>Peach Cup</td>
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</tbody>
</table>

### Lunch and afternoon snack

<table>
<thead>
<tr>
<th>Day</th>
<th>Popular</th>
<th>Optional</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Chicken &amp; Crispy Greens Salad with Raspberry Vinaigrette</td>
<td><strong>Fresh Cut Fruit</strong> Double Chocolate Cake <strong>Ciabatta Toast</strong> with Peanut Butter</td>
</tr>
<tr>
<td>2</td>
<td>Classic Supreme Pizza with melted Cheese Tropical Crush</td>
<td><strong>Fresh Fruit</strong> Vanilla Yoghurt with Yoghurt Sprinkle</td>
</tr>
<tr>
<td>3</td>
<td><strong>Southern Style Chicken</strong> with Roasted Pumpkin &amp; Kale Salad and Lime &amp; Jalapeno Dressing Vanilla Pears</td>
<td>Sesame Peanuts Mixed Nuts Apple &amp; Sultana Pancake</td>
</tr>
<tr>
<td>4</td>
<td>Slow Cooked Chinese Chicken &amp; Rice Red Apple</td>
<td>Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap Dried Plums Apple &amp; Sultana Pancake 9 Grain Crispbread with Peanut Butter</td>
</tr>
<tr>
<td>5</td>
<td>Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap</td>
<td><strong>Sticky BBQ Meatballs</strong> with Mixed Vegetable Rice Fruit Salad Cup 9 Grain Crispbread Apple &amp; Cranberry Muffin</td>
</tr>
<tr>
<td>6</td>
<td><strong>Broccoli &amp; Chicken Pasta Bake</strong> Red Apple</td>
<td>Cheese &amp; Crackers Apple &amp; Cranberry Muffin</td>
</tr>
<tr>
<td>7</td>
<td>Chargrilled Chicken &amp; Parmesan Burger with Cos &amp; Tomato and Chutney on a Grain Roll Red Apple</td>
<td>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll Red Apple Passionfruit Yoghurt Double Chocolate Cake Apple &amp; Almond Muffin</td>
</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)

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

*1500 Calories when combined with your Lite n’ Easy dinner
### Breakfast and morning snack

#### Day 1
- **Popular**
  - Almond & Honey Oat Crunch with Peaches & Yoghurt
  - Soy & Linseed Toast with Butter and Vegemite
- **Fresh Cut Fruit**
  - Peach Snack Cup

#### Day 2
- **Popular**
  - Fresh Omelette (Two Eggs, Ham & Mushroom) on two slices of Ciabatta Toast with Butter
- **Optional**
  - Creamy Cranberry & Apple Oats
  - Baked Beans with two slices of Cheese on two slices of Multigrain Toast with Butter and Honey

#### Day 3
- **Popular**
  - Honey Muesli Flakes with skim milk*
  - Two slices of Wholemeal & Seed Toast with Butter and Strawberry Jam
- **Optional**
  - Nut Cluster Crunch with skim milk*
  - Multigrain Toast with Peanut Butter and Vanilla Yoghurt

#### Day 4
- **Popular**
  - Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast
  - Ham, Cheese, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast
- **Optional**
  - Ham, Cheese, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast
  - Crunchy Hazelnut Bran with skim milk*
  - Bacon & Zucchini Bread with Egg and Tomato Chutney

#### Day 5
- **Popular**
  - Almond Toasted Muesli with skim milk*
  - Multigrain Toast with Plum Jam and Mixed Berry Yoghurt
- **Optional**
  - Bacon, two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin
  - Bacon, Cranberry & Bran Flakes with skim milk*
  - Two slices of Soy & Linseed Toast with Peanut Butter and Strawberry Jam

#### Day 6
- **Popular**
  - Fresh Omelette (Two Eggs, Ham & Mushroom) on two slices of Ciabatta Toast
  - Ham, Cheese, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast
- **Optional**
  - Ham, Cheese, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast
  - Crunchy Hazelnut Bran with skim milk*
  - Bacon & Zucchini Bread with Egg and Tomato Chutney

#### Day 7
- **Popular**
  - Honey Muesli Flakes with skim milk*
  - Multigrain Toast with Peanut Butter and Vanilla Yoghurt
- **Optional**
  - Honey Muesli Flakes with skim milk*
  - Multigrain Toast with Peanut Butter and Vanilla Yoghurt
  - Bacon & Zucchini Bread with Egg and Tomato Chutney

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### Lunch and afternoon snack

#### Day 1
- **Popular**
  - Steamed Chicken & Mushroom Dumplings with Warm Asian Salad and Asian Dipping Sauce
- **Optional**
  - Mexican Pulled Beef Nachos with Cheese and Smashed Avocado

#### Day 2
- **Popular**
  - Chicken, Broccoli & Brown Rice Salad with Spicy Portuguese Dressing
- **Optional**
  - Roast Beef, Baby Cucumber and Mustard Relish on a Grain Roll

#### Day 3
- **Popular**
  - Teriyaki Chicken and Salad Wrap
  - Spaghetti Bolognaise
  - Dried Apricots
- **Optional**
  - Ham, Cheese and Tomato sandwich on Multigrain Roll
  - Oven Roasted Turkey, Tomato, Baby Cucumber and Cranberry Sauce in a Wrap
  - Corned Beef, Tomato and Fruit Chutney sandwich on Multigrain Kiwifruit

#### Day 4
- **Popular**
  - Spaghetti Bolognaise
  - Dried Apricots
- **Optional**
  - Ham, Cheese and Tomato sandwich on Multigrain Roll
  - Oven Roasted Turkey, Tomato, Baby Cucumber and Cranberry Sauce in a Wrap
  - Corned Beef, Tomato and Fruit Chutney sandwich on Multigrain Kiwifruit

#### Day 5
- **Popular**
  - Grass Fed Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll
- **Optional**
  - Aromatic Chicken Curry
  - Apple & Almond Muffin

#### Day 6
- **Popular**
  - Aromatic Chicken Curry
- **Optional**
  - Aromatic Chicken Curry
  - Apple & Almond Muffin

#### Day 7
- **Popular**
  - Aromatic Chicken Curry
- **Optional**
  - Aromatic Chicken Curry
  - Apple & Almond Muffin

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*1500 Calories when combined with your Lite n’ Easy dinner

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

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<tr>
<td>Almond Toasted Muesli with skim milk*</td>
<td>Maple, Pear &amp; Wheat Flakes with skim milk*</td>
<td>Nut Cluster Crunch with skim milk*</td>
<td>Bacon, two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk*</td>
<td>Two Eggs, Smashed Avocado and Fetta on two slices of Rye Toast with Butter and Plum Jam</td>
<td>Honey Muesli Flakes with skim milk*</td>
</tr>
<tr>
<td>Bacon and Egg Mayo on a toasted English Multigrain Muffin</td>
<td>Multigrain Toast with Apricot Jam</td>
<td>Two slices of Wholemeal &amp; Seed Toast with Butter (2) and Vegemite</td>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk*</td>
<td>Two slices of Soy &amp; Linseed Toast with Butter and Honey</td>
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<td></td>
<td>Vanilla Yoghurt</td>
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<td>Breakfast and morning snack</td>
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<tr>
<td>Fresh Fruit</td>
<td>Fresh Cut Fruit</td>
<td>Fruit Salad Cup</td>
<td>Orange</td>
<td>Red Apple</td>
<td>Peach Snack Cup</td>
<td>Kiwifruit</td>
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<tr>
<td>Apple, Cranberry &amp; Bran Flakes with skim milk*</td>
<td>Ham, Cheese, Egg and Tomato on two slices of Multigrain Toast</td>
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<td>Orange</td>
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<tr>
<td>Chicken &amp; Avocado Salad with Creamy Ranch Dressing</td>
<td>Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing</td>
<td>BBQ Pork &amp; Slaw with Canton Dressing in a Wrap</td>
<td>Chargrilled Chicken &amp; Parmesan Burger with Tomato, Baby Spinach and Tomato Chutney on a Grain Roll</td>
<td>Baked Potato Bolognaise Orange</td>
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<td>Steamed Chicken with Ginger &amp; Shallot Red Apple</td>
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<tr>
<td>Pears &amp; Apples in Yoghurt with Almonds &amp; Sultanas</td>
<td>Mixed Nuts</td>
<td>Sweet Pineapple Bites with Passionfruit</td>
<td>Peach Yoghurt Banana &amp; Date Muffin</td>
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<td>Apple, Cherry &amp; Almond Cake</td>
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<td>Baked Beans, Egg and Cheese on two slices of Soy &amp; Linseed Toast</td>
<td>Ham, Cheese, Egg and Tomato on two slices of Multigrain Toast</td>
<td>Nut Cluster Crunch with skim milk*</td>
<td>Nut Cluster Crunch with skim milk*</td>
<td>Almond Toasted Muesli Rye Toast with Apricot Jam</td>
<td>Fruity Almond Crunch with skim milk*</td>
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<tr>
<td>You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)</td>
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<tr>
<td>Some breakfast and lunch items require a small amount of preparation.</td>
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