Main Meals

#86 Rigatoni
Fresh Chilled Dinners

In addition to our range of frozen dinners, we also offer a delicious choice of made to order Fresh Chilled dinners. The range changes regularly, so to find out what’s available in the current range, visit liteneasy.com.au or ask your consultant when you call us on 13 15 12.

Visit liteneasy.com.au or call us on 13 15 12 to find out what’s in the range today.
Pasta
Simplicity at its best.
It’s all about quality ingredients.

- **Chicken Fettuccine with Broccolini**
  Al dente fettuccine combined with poached chicken, broccolini in a tasty parmesan cheese sauce.

- **Creamy Tomato Tortelloni**
  Authentic spinach and ricotta tortelloni, smothered in rich, creamy tomato sauce and sprinkled with cheese.

- **Homestyle Macaroni Cheese**
  Macaroni pasta smothered in a delicious creamy sauce and topped with fresh tomato, golden bread crumbs and parmesan cheese.

- **Lasagne**
  Authentic Bolognese sauce layered between fresh pasta sheets and cheese sauce. Oven baked and served with farm fresh vegetables.

- **Pepperoni Pasta**
  A modern twist on a Sicilian favourite combining al dente penne pasta with lightly spiced chicken pepperoni in a rich tomato and herb sauce.

- **Pesto Fettuccine**
  Perfectly cooked pasta, pumpkin, peas, zucchini and semi dried tomatoes in a delicious pesto sauce.

- **Rigatoni**
  Flame grilled meatballs and rigatoni pasta tubes in a full flavoured tomato sauce topped with parmesan cheese.

- **Roasted Mediterranean Vegetable Ravioli**
  Al dente pasta pillows filled with a roasted vegetable and cheese mix, served on a bed of spinach in a traditional Napoli sauce and finished with a toasted almond and herb garnish.

- **Spaghetti Bolognese**
  Al dente spaghetti with a rich, chunky ground beef Bolognese sauce, topped with grated parmesan cheese.

- **Spaghetti Carbonara**
  A true Italian classic combining bacon, mushrooms, cheese and al dente spaghetti with a delicious creamy carbonara sauce.

- **Spinach & Ricotta Tortelloni**
  An original Italian favourite combining a smooth spinach and ricotta mix encased in tortelloni shells served with a creamy cheese sauce, broccoli and sweetcorn.
**Modern Australian**

**Beef with Red Wine & Mushroom**
A slow cooked casserole with tender beef, smokey bacon and mushrooms served with winter vegetables and mashed potato.

**Chargrilled Chicken with Garden Vegetables**
Chicken breast served with perfectly cooked veggies finished with a silky smooth sauce and a hint of white wine, Dijon mustard and cream.

**Chargrilled Chicken & Potato Bake**
Grilled tender chicken breast served with a delicious gravy we make from scratch, seasonal vegetables and a tasty creamy potato bake.

**Flame Grilled Meatballs with Mushroom Gravy**
Flame grilled meatballs smothered with a mushroom gravy served with mashed potato, broccolini, carrots and zucchini.

**Pork Scallopini**
Tender slices of pork, with a creamy white wine and mushroom sauce served with seasoned potato, carrots, broccolini and corn.

**Roast Chicken Breast in Mushroom Sauce**
Roast chicken breast in creamy mushroom sauce with seasoned potato and farm fresh vegetables.

**Slow Cooked Lamb Shanks**
Tender pieces of slow cooked lamb shank in a hearty home-style gravy with creamy mashed potato, sweet potato and greens.

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**Seafood**
Choose from Tasmanian salmon, Australian prawns and sustainable wild caught fish.

**Crumbed Fish**
Lightly crumbed fillet of sustainably sourced fish served with baked potato wedges and new season vegetables.
Not available in QLD

**Parmesan Crusted Fish**
Steamed NZ Hoki, topped with a parmesan and herb crust, with a creamy lemon sauce, steamed greens, sweet potato and seasoned potato wedges.

**Seafood Pasta Marinara**
Al dente spaghetti with sustainably caught flakes of white fish, prawns and calamari in a light classic Italian Napoli sauce.

**Tasmanian Salmon Pasta**
Tasmanian salmon and fettuccine in a delicious white sauce with tomato, herbs and broccoli topped with parmesan cheese.
CLASSIC AUSTRALIAN FAVOURITES

Just like you remember them.

1. **Corned Beef**
   - Corned silverside carved the traditional way, topped with creamy white sauce with farm fresh vegetables and mashed potato.

2. **Every Day Christmas Dinner**
   - Who can resist tender slices of carved turkey and baked ham served with roasted vegetables and our signature gravy and cranberry sauce.

3. **Hearty Beef Casserole**
   - Tender slow cooked beef in our signature stock with chunky winter vegetables and mashed potato.

4. **Chicken Dijon**
   - This timeless, French inspired dish combines tender oven baked chicken pieces and vegetables in a smooth Dijon mustard sauce served with wild rice mix.

5. **Chicken Parmigiana**
   - An Aussie favourite combining a tender crumbed chicken breast topped with ham, parmesan cheese and a rich tomato sauce, served with seasoned potato and vegetables.

6. **Lamb Roast**
   - Tender slices of roast lamb cooked to perfection, served with roast potatoes and traditional veggies and finished with a delicious gravy we make from scratch.

7. **Pepper Steak**
   - Prime aged, tender steak smothered in a mild peppercorn sauce served with a potato pumpkin mash and vegetables.

8. **Roast Beef**
   - Slices of tender roast beef served with a traditional rich gravy, golden roasted potatoes, cauliflower mornay and farm fresh sweet potato, carrots and peas.
Sauces from scratch... naturally

Traditional favourites

Beef Korma
Traditional favourite
Indian classic dish made with slow cooked, tender Aussie beef simmered in an aromatic korma sauce complimented with turmeric rice.

Butter Chicken
A globally inspired menu with universal appeal
A classic Indian favourite combining tender chicken pieces in a delicious, authentic mild creamy sauce, served with fluffy basmati rice.

World Classics

Roast Chicken
Oven roasted chicken breast with herb and onion stuffing and traditional gravy, served with roasted vegetables and cauliflower mornay.

Shepherd’s Pie
Prime ground beef in a delicious gravy, topped with creamy whipped potato, and served with seasonal vegetables.

Sausages with Onion Gravy
Prime beef sausages smothered in a traditional onion gravy, served with creamy mashed potato and vegetables.

Savoury Beef Rissoles
Comfort food at its best. Homestyle Aussie beef rissoles, creamy mashed potato and farm fresh vegetables finished with our signature gravy.

Steak & Mushroom Sauce
Prime aged, tender steak topped with creamy mushroom sauce served with seasoned potatoes and spring vegetables.

Butter Chicken
A classic Indian favourite combining tender chicken pieces in a delicious, authentic mild creamy sauce, served with fluffy basmati rice.

World Classics

Our meals are prepared using authentic cooking methods which maximise flavour and nutrition.
Chicken & Cashews
Stir-fried pieces of chicken breast and crisp vegetables, topped with whole cashews and served with steamed rice.

Chicken Enchilada
A Mexican favourite combining oven roasted chicken and capsicum wrapped in two lavash bread, topped with a creamy tomato sauce, sliced black olives and cheese.

Coconut Beef Curry
Tender pieces of beef slowly cooked in a creamy, coconut style curry served with a mix of brown rice and red quinoa, pumpkin and zucchini.

Honey Soy Chicken
Tender chicken pieces in a full flavoured honey soy sauce with stir fried vegetables and steamed rice.

Oriental Pork Noodles
Caramelised minced pork combined with an oriental vegetable mix, hokkien noodles and a traditional soy and oyster sauce.

Rogan Josh
Tender pieces of marinated lamb simmered in a mildly spiced sauce full of aromatic flavours and served with steamed rice.

Slow Cooked Honey & Cinnamon Lamb
Tender pieces of slow cooked lamb in a rich cinnamon & honey sauce served with couscous and vegetables.

Spicy Thai Green Chicken Curry
Tender chicken and Thai style veggies in a spicy green curry sauce served with perfectly cooked rice.

Sweet & Sour Chicken
A stir fry of tender, marinated chicken pieces and Asian vegetables in a sweet and sour sauce served with rice.

Thai Red Chicken Curry
A traditional red Thai curry with tender chicken breast pieces and Thai-style vegetables in a mild sauce. Served with rice.

Thai Yellow Beef Curry
Slow cooked, tender pieces of beef with vegetables in a deliciously creamy, Thai yellow curry sauce served with rice.

Tortilla Stack
A delicious Mexican blend of beans and vegetables in a mild tomato salsa, folded between layers of lavash bread.

Vegetarian Potato and Chickpea Curry
A delicious Indian inspired curry combining potatoes, chickpeas and lentils in a spiced sauce, topped with almond slivers and paired with brown rice and veggies.
Mini Meals
Pack of 4

Mini Meals are the perfect size for a smaller dinner or a larger, healthy lunch.

Add a pack of 4 to your next order.

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**Beef Lasagne**
Layers of pasta and tasty Bolognaise sauce topped with melted cheese.

**Cheesy Veg Lasagne**
Cheesy vegetable lasagne in a rich tomato sauce.

**Chicken in Mushroom & Leek sauce**
Tender pieces of chicken in a rich mushroom & leek sauce.

**Chicken, Pumpkin & Mushroom Risotto**
Tender chicken pieces in a pumpkin & mushroom risotto with broccoli.

**Chicken Satay**
Tender marinated chicken pieces in a traditional satay sauce with crisp Asian vegetables and steamed jasmine rice.

**Chicken Spaghetti Bolognaise**
Spaghetti with a tasty chicken and tomato Bolognaise sauce topped with cheese.

**Flame Grilled Meatballs with Mash**
Flame grilled meatballs in gravy with potato mash and seasonal vegetables.

**Fried Rice with BBQ Chicken**
Fried rice with tender pieces of chicken served in a tasty Asian sauce.

**Honey Soy Stir Fry**
Tender chicken pieces cooked in honey soy sauce, tossed with stir fried vegetables and hokkien noodles.

**Nasi Goreng with Thai Chicken Balls**
A twist on the traditional Indonesian dish, it combines lightly spiced, aromatic rice with vegetables served with sticky chicken meatballs spiced with lemongrass and lime.

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Lite Meals
Pack of 5

**Asian Meatballs with Jasmine Rice**
Delicious meatballs in a sweet soy sauce served with Asian vegetables and jasmine rice.

**Chicken Teriyaki**
Tender pieces of chicken breast in a sweet teriyaki sauce with stir fried vegetables and rice.
**Lite Meals**

**Pack of 5**

Lite Meals are our most popular lunch meals and can be enjoyed by the whole family as a healthy lunch or dinner.

Add a pack of 5 to your next order.

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**Meals in a Bowl**

**Pack of 5**

Meals in a Bowl are great as a lunch, a snack or even a small dinner for the kids.

Add a pack of 5 to your next order.

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- **Sweet Chicken Curry**
  - Tender chicken pieces slow cooked in a mild sweet curry, served with rice.
- **Baked Potato Bolognaise**
  - Baked potato topped with a rich, chunky ground beef Bolognaise sauce.
- **Meatlovers Pasta Bake**
  - Pulled BBQ beef with penne pasta, mushrooms, capsicum and olives topped with a cheesy white sauce.
- **Pulled Texas BBQ Lamb**
  - Pulled lamb in a tomato based sauce topped with cheese and served with seasonal vegetables.
- **Spaghetti Bolognaise**
  - Al dente spaghetti smothered in a traditional Bolognaise sauce and topped with cheese.
- **Oriental Beef Noodles**
  - Caramelised minced beef with an oriental vegetable mix, hokkien noodles and traditional soy and oyster sauce.
- **Penne Pesto Pasta**
  - Penne pasta tossed in a delicious blend of basil pesto with fresh and semi-dried tomatoes, sprinkled with seedless kalamata olives.
- **Creamy Chicken & Risoni**
  - Tender chicken pieces in a Mediterranean style, creamy sauce served with mixed vegetable risoni.
- **Coconut Beef Curry**
  - Tender pieces of beef slowly cooked in a creamy, coconut style curry served with a mix of brown rice and red quinoa, pumpkin and zucchini.
- **Broccoli & Chicken Pasta Bake**
  - Baked chicken with penne pasta and broccoli florets in a creamy cheese sauce.
- **Hokkien Stir Fry Noodles**
  - Oven roasted chicken, Asian vegetables and delicious hokkien noodles in a soy and oyster sauce.
- **Penne Pasta Bolognaise**
  - Stir-fried chicken breast pieces and crisp vegetables topped with cashews and served with rice.
- **Three Cheese Ravioli**
  - Al dente cheese filled pillows of pasta in a traditional Napoli sauce, finished with a sprinkle of cheese. (Salad not included)
- **Roast Chicken & Gravy**
  - Tender chicken breast served with roasted potato and sweet potato, peas, carrots and our signature gravy.
- **Three Cheese Ravioli**
  - Al dente cheese filled pillows of pasta in a traditional Napoli sauce, finished with a sprinkle of cheese. (Salad not included)
- **Spaghetti Bolognaise**
  - Al dente spaghetti smothered in a traditional Bolognaise sauce and topped with cheese.
- **Sweet Chicken Curry**
  - Tender chicken pieces slow cooked in a mild sweet curry, served with rice.

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Family Favourites

- **15 - 16**
Soups

- #910 Tomato Soup
- #930 Country Vegetable & Bacon Soup
- #906 Pumpkin Soup
- #908 Chicken Noodle Soup
- #901 Pea & Ham Soup

Desserts

Delicious portion controlled desserts in packs of 4.

- #694 Apple Crumble
- #695 Apple & Raspberry Crumble
- #696 Rice Pudding
- #697 Apricot Pudding
- #718 Double Choc Berry Pudding

Lite n’ Easy’s hearty soups are great value and are available in packs of 5 for friends and family to enjoy.

Our desserts are hard to resist.
We believe eating well goes beyond counting calories.

That's why we use:

- Free range eggs
- Farm fresh fruit and vegetables
- Australian beef, lamb, pork and chicken
- Sustainable wild caught white fish, Australian prawns and Tasmanian Salmon.

Lite n’Easy

liteneasy.com.au | 13 15 12