

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

Breakfast
and morning snack



Lunch
and afternoon snack

Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7

Popular	Optional
<p>Maple, Pear & Wheat Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Plum Jam</p> <p>Fresh Fruit</p>	<p>Bacon, two Eggs and Tomato on two slices of Multigrain Toast</p> <p>Orange</p>
<p>Two Eggs, Tomato & Spinach, Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>Red Apple</p>	<p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Butter and Vegemite Mixed Berry Yoghurt</p> <p>Peach Cup</p>
<p>Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Butter with Strawberry Jam</p> <p>Orange</p>	<p>Baked Beans, Egg and two slices of Cheese on a toasted English Multigrain Muffin</p> <p>Red Apple</p>
<p>Fruity Almond Crunch with skim milk* Two Eggs, Baby Spinach and Fetta on Ciabatta Toast</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Peanut Butter and Strawberry Jam</p> <p>Kiwifruit</p>
<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Apricot Jam Peach Yoghurt</p> <p>Peach Snack Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>Red Apple</p>
<p>Honey Muesli Flakes with skim milk* Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>Orange</p>	<p>Two Eggs, Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>Peach & Pear Cup</p>
<p>Bacon, two Eggs and Tomato on two slices of Multigrain Toast</p> <p>Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Orange</p>

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Popular	Optional
<p>Chicken, Ham & Egg Salad with Tasty Cheese and Creamy Cheese Dressing Fresh Cut Fruit</p> <p>Choc Chip & Orange Cake Savoury Nut Mix</p>	<p>Penne Pesto Pasta Red Apple</p> <p>Mixed Berry Yoghurt Apple & Sultana Pancake</p>
<p>BBQ Chicken & Ham Pizza with melted Cheese Tropical Crush</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Tomato Soup with Ciabatta Toast and Butter Kiwifruit</p> <p>Mixed Nuts Cinnamon Oat Bar</p>
<p>Warm Lamb & Roasted Vegetable Salad with Fetta and Greek Vinaigrette Peaches with Raspberry Sauce White Chocolate Blush Cake 9 Grain Crispbread with Peanut Butter</p>	<p>Slow Cooked Chinese Chicken Orange</p> <p>Apple Crumble</p>
<p>Oriental Beef & Noodles Cinnamon Apples</p> <p>Classic Choc & Oats Bar Almonds, Pretzels & Peanuts</p>	<p>Chargrilled Chicken & Parmesan Burger, Tomato, Baby Spinach and Tomato Chutney on a Grain Roll Orange</p> <p>Banana & Date Muffin</p>
<p>Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap Fresh Fruit</p> <p>Banana & Apple Bread</p>	<p>Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese</p> <p>Red Apple</p>
<p>Hearty Beef & Barley Soup with Ciabatta Toast and Butter Fruit Salad Cup</p> <p>Vanilla Yoghurt Walnut & Date Cake</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll Kiwifruit</p> <p>9 Grain Crispbread with Butter and Vegemite Apple, Cherry & Almond Cake</p>
<p>Roast Chicken Penne Red Apple</p> <p>Choc Hazelnut & Fruit Mix Corn Chips with Salsa Dip</p>	<p>Ham, Cheese and Tomato sandwich on Wholemeal & Seed Peach Snack Cup</p> <p>Pikelets with Strawberry Jam</p>
<p>Additional snacks for both A & B options</p> <p>Corned Beef, Tomato and Fruit Chutney sandwich on Soy & Linseed</p>	<p>Rice Pudding</p>
<p>Cheese, Tomato and Caramelised Onion sandwich on Multigrain</p>	<p>Citrus & Coconut Cake Cheese & Crackers</p>
<p>Hearty Cajun Veggie Soup with Ciabatta Toast and Butter</p>	<p>Spaghetti Bolognaise</p>
<p>Apple & Almond Muffin Mixed Nuts</p>	

* Remember to wash whole fruit before eating.



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)



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Popular	Maple, Pear & Wheat Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mixed Berry Yoghurt Fresh Fruit	Fruity Almond Crunch with skim milk* Bacon and Egg Mayo on a toasted English Multigrain Muffin Red Apple	Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite Orange	Bacon , two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin Fresh Fruit	Creamy Almond & Vanilla Oats Two slices of Rye Toast with Butter and Plum Jam Peach & Pear Cup	Two Eggs, Smashed Avocado and Fetta on two slices of Ciabatta Toast Fresh Fruit	Honey Muesli Flakes with skim milk* Two slices of Soy & Linseed Toast with Butter and Honey Kiwifruit
Optional	Fresh Omelette (Two Eggs, Smoked Salmon Mix) with two slices of Ciabatta Toast and Butter Orange	Apple & Cinnamon Bircher Muesli Rye Toast with Plum Jam Peach Snack Cup	Baked Beans and two slices of Cheese on two slices of Multigrain Toast Kiwifruit	Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Butter and Honey Rhubarb & Apple Yoghurt Orange	Bacon , two Eggs and Tomato on two slices of Wholemeal & Seed Toast Red Apple	Apple, Cranberry & Bran Flakes with skim milk* Toasted English Fruit Muffin with Butter (2) and Strawberry Jam Fruit Salad Cup	Fruity Almond Crunch with skim milk* Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie Red Apple

Lunch
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Popular	Egg & Avocado Salad with Honey Mustard Dressing Pear Cup Double Chocolate Cake	Chicken & Crunchy Corn Salad with Garlic & Lemon Vinaigrette Fresh Cut Fruit Vanilla Yoghurt with Yoghurt Sprinkle 9 Grain Crispbread with Tomato and Smashed Avocado	Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap Vanilla Pears Cheese & Crackers	Sweet Chicken Curry Peach Snack Cup Cinnamon Oat Bar Sesame Peanuts	Chargrilled Chicken & Parmesan Burger with Tomato, Baby Spinach and Tomato Chutney on a Grain Roll Orange Raspberry & Apple Crumble	Spaghetti Bolognaise Dried Plums Cashews, Almonds & Walnuts	Sweet Soy Chicken with Rice Red Apple Banana & Apple Bread Mixed Nuts
Optional	Broccoli & Chicken Pasta Bake Kiwifruit Pistachio, White Chocolate & Strawberries Sweet Corn Fritters with Tomato Jam	Tasmanian Salmon Risotto Orange Apple, Cherry & Almond Cake Savoury Nut Mix	Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie Red Apple Peach Yoghurt Roasted Maple Walnuts & Cashews	Roast Beef, Tomato and Corn Relish sandwich on Soy & Linseed Kiwifruit Apple & Almond Muffin 9 Grain Crispbread with Peanut Butter	Sticky BBQ Meatballs with Mixed Vegetable Rice Red Apple Ciabatta Toast with Tomato and Smashed Avocado	Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Orange Corn Chips with Salsa Dip Citrus & Coconut Cake	Ham, Cheese and Tomato sandwich on Multigrain Pear Cup Choc Chip & Orange Cake
Additional snacks for both A & B options	Corned Beef, Tomato and Fruit Chutney sandwich on Wholemeal & Seed	Cheese, Tomato and Caramelised Onion on a Grain Roll	Chicken Fajita Bowl Banana & Apple Bread	Walnut & Date Cake Almonds, Pretzels & Peanuts	Hearty Chicken & Vegetable Soup with a Long Multigrain Roll	Classic Choc & Oats Bar Savoury Nut Mix	Apple & Almond Pudding Dry Roasted Almonds

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Popular	A Bacon, two Eggs and Tomato on two slices of Multigrain Toast	A Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter (2) and Vegemite	A Nut Cluster Crunch with skim milk* Bacon & Zucchini Bread with Egg and Tomato Chutney	A Honey Muesli Flakes with skim milk* Two slices of Wholemeal & Seed Toast with Peanut Butter and Strawberry Jam	A Bacon, two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin	A Maple, Pear & Wheat Flakes with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam	A Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Apricot Jam Rhubarb & Apple Yoghurt
	B Fresh Cut Fruit	B Fresh Fruit	B Fresh Fruit	B Orange	B Peach Cup	B Fresh Fruit	B Red Apple
Optional	B Nut Cluster Crunch with skim milk* Wholemeal & Seed Toast with Apricot Jam Vanilla Yoghurt	B Baked Beans with Bacon , Egg and Cheese on a toasted English Multigrain Muffin	B Creamy Cranberry & Apple Oats Two slices of Multigrain Toast with Butter and Honey	B Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast	B Almond Toasted Muesli with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam	B Fruity Almond Crunch with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie	B Bacon, two Eggs and Tomato on two slices of Wholemeal & Seed Toast
	B Peach & Pear Cup	B Kiwifruit	B Orange	B Red Apple	B Kiwifruit	B Peach Snack Cup	B Orange

Lunch
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Popular	A Mediterranean Chicken Salad with Italian Dressing Pears & Apples in Yoghurt with Almonds & Sultanas	A Chicken & Ham Salad with Caesar Dressing Apricots & Pears	A Minestrone Soup with Ciabatta Toast and Butter Red Apple	A Indian Spiced Chicken, Tomato and Baby Cucumber in a Turmeric & Coconut Wrap Peach & Pear Cup	A Mexican Pulled Beef Nachos with Smashed Avocado and melted Cheese	A Baked Potato Bolognese Red Apple	A Slow Cooked Beef in Tomato & Paprika Sauce Fruit Salad Cup
	B Sweet Corn Fritters with Tomato Jam	B 9 Grain Crispbread with Butter and Vegemite	B Sesame Peanuts Choc Chip & Orange Cake	B Pikelets with Strawberry Jam	B Orange	B Peach Yoghurt Banana & Date Muffin	B Cheese & Crackers Apple, Cherry & Almond Cake
Optional	B Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Red Apple	B Margherita Pizza with Bocconcini Orange	B Grass Fed Beef Burger with Caramelised Onion , Salad and Tomato Sauce on a Grain Roll Fruit Salad Cup	B Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter Kiwifruit	B Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Red Apple	B Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap Golden Raisin Mix	B Cheese, Tomato and Caramelised Onion on a Grain Roll Orange
	B Ciabatta Toast with Peanut Butter	B Choc Cranberry Trail Mix Mixed Nuts	B Apple & Cranberry Muffin	B Classic Choc & Oats Bar Peanuts, Almonds & Cashews	B Mixed Berry Yoghurt Maple Coconut Crunch with Cranberries	B Double Chocolate Cake	B Walnut & Date Cake Dry Roasted Almonds
Additional snacks for both A & B options	Roast Beef, Tomato and Mustard Relish sandwich on Soy & Linseed	Penne Pesto Pasta	Cinnamon Oat Bar Peanuts, Almonds & Cashews	Apple Crumble Almonds, Pretzels & Peanuts	Citrus & Coconut Cake Corn Chips with Salsa Dip	Tomato Soup with Ciabatta Toast and Butter	Sesame Peanuts Pikelets with Strawberry Jam

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

Order online at liteneasy.com.au

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Popular	Almond & Honey Oat Crunch with Peaches & Yoghurt Soy & Linseed Toast with Butter and Vegemite	Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese) on Ciabatta Toast with Butter	Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter and Strawberry Jam	Eggs Benedict (Two Eggs, Bacon , Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast	Almond Toasted Muesli with skim milk* Multigrain Toast with Apricot Jam Vanilla Yoghurt	Honey Muesli Flakes with skim milk* Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin	Creamy Cranberry & Apple Oats Two slices of Soy & Linseed Toast with Peanut Butter and Strawberry Jam
	Fresh Cut Fruit	Fresh Fruit	Kiwifruit	Fruit Salad Cup	Fresh Fruit	Red Apple	Orange
Optional	Fruity Almond Crunch with skim milk* Bacon , Avocado & Fetta Sandwich Thin Toastie	Maple, Pear & Wheat Flakes with skim milk* Soy & Linseed Toast with Plum Jam Peach Yoghurt	Baked Beans with two slices of Cheese on two slices of Multigrain Toast	Apple, Cranberry & Bran Flakes with skim milk* Two slices of Multigrain Toast with Butter (2) and Vegemite	Bacon , two Eggs, Cheese and Tomato on a toasted English Multigrain Muffin	Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Butter with Plum Jam	Bacon , two Eggs and Tomato on two slices of Wholemeal & Seed Toast
	Orange	Peach Cup	Orange	Kiwifruit	Peach Snack Cup	Kiwifruit	Peach & Pear Cup

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Popular	Chicken & Apple Salad with Slivered Almonds and Honey Mustard Dressing Peach Cup	Lemongrass Chicken Bites with Salad, Peanuts and Vietnamese Dressing Fresh Fruit	Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing Peaches & Apricots	Meatlover's Pasta Bake Red Apple	Grass Fed Beef Burger with Caramelised Onion , Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll Pear Cup	Chicken & Cashew Bowl Orange	Sliced Roast Chicken, Tomato and Smashed Avocado in a Wrap Dried Apricots
	Apple & Cranberry Muffin	Double Chocolate Cake Peanuts, Almonds & Cashews	Maple Coconut Crunch with Cranberries	Choc Cranberry Trail Mix 9 Grain Crispbread with Peanut Butter	Apple & Sultana Pancake	Citrus & Coconut Cake Ciabatta Toast with Butter and Vegemite	Mixed Berry Yoghurt Apple & Almond Muffin
Optional	Shepherd's Pie Red Apple	Coconut Beef Curry Sunshine Fruit Mix	Ham, Cheese and Tomato Sandwich Thin Toastie Red Apple	Oven Roasted Turkey, Tomato, Baby Cucumber and Cranberry Sauce in a Wrap Orange	Chicken, Coconut & Lemongrass Soup with Ciabatta Toast and Butter Orange	Corned Beef, Tomato and Fruit Chutney on a Grain Roll Red Apple	Koftas in Spiced Tomato Sauce Kiwifruit
	Roasted Maple Walnuts & Cashews White Chocolate Blush Cake	Cheese & Crackers Pistachio, White Chocolate & Strawberries	Choc Chip & Orange Cake Sesame Peanuts	Rhubarb & Apple Yoghurt Walnut & Date Cake	Banana & Apple Bread 9 Grain Crispbread with Tomato and Smashed Avocado	Dry Roasted Almonds Classic Choc & Oats Bar	Almonds, Pretzels & Peanuts Sultana Tea Cake
Additional snacks for both A & B options	Cheese, Tomato and Caramelised Onion sandwich on Multigrain	Oven Roasted Turkey, Baby Cucumber and Cranberry Sauce sandwich on Wholemeal & Seed	Savoury Nut Mix Raspberry & Apple Crumble	Mixed Nuts White Chocolate Blush Cake	Aromatic Chicken Curry	Pumpkin Soup with a Grain Roll and Butter	Peanuts, Almonds & Cashews Cinnamon Oat Bar

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