

Week A

This menu is for delivery weeks starting
15 Nov · 13 Dec · 10 Jan · 7 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p> Egg, Cherry Tomatoes, Avo & Fetta on Ciabatta Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p> Honey Muesli Flakes with skim milk* Multigrain Toast with Peanut Butter</p> <p>.....</p> <p>Fresh Fruit</p>	<p> Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Orange</p>	<p> Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p> Nut Cluster Crunch with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p> Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Red Apple</p>	<p> Fruity Almond Crunch with skim milk* Wholemeal & Seed Toast with Plum Jam</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p> Nut Cluster Crunch with skim milk* Wholemeal & Seed Toast with Butter and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p> Fresh Omelette (Two Eggs and Smoked Salmon Mix)</p> <p>.....</p> <p>Red Apple</p>	<p> Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p> Apple & Cinnamon Bircher Muesli</p> <p>.....</p> <p>Red Apple</p>	<p> Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Pear Cup</p>	<p> Maple, Pear & Wheat Flakes with skim milk* Mixed Berry Yoghurt</p> <p>.....</p> <p>Peach Cup</p>	<p> Two Eggs and Tomato on Soy & Linseed Toast with Butter</p> <p>.....</p> <p>Orange</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)



Items in blue are stored in the freezer



Vegetarian meal

Lunch & afternoon snack

Order online at liteneasy.com.au

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p> Chicken, Quinoa & Cranberry Slaw with Lemon Vinaigrette</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p> Cheesy Steak Melt with Salad in a Sandwich Thin</p> <p>.....</p> <p>Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p>	<p> Chicken & Ham Salad with Caesar Dressing Red Apple</p> <p>.....</p> <p>Almonds, Pretzels & Peanuts</p>	<p> Mexican Pulled Beef Nachos with melted Cheese and Smashed Avocado</p> <p>.....</p> <p>Dried Apricots</p>	<p> Oven Roasted Turkey with Tomato, sliced Cucumber and Cranberry Sauce in a Wrap Peach Snack Cup</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p> Sweet Soy Chicken with Rice Kiwifruit</p> <p>.....</p> <p>Citrus & Coconut Cake</p>	<p> Flame Grilled Meatballs with Mash</p> <p>.....</p> <p>Red Apple</p>
Optional	<p> BBQ Pork & Slaw with Canton Dressing in a Wrap</p> <p>.....</p> <p>Peach Snack Cup</p>	<p> Chicken, Avocado & Salad sandwich on Soy & Linseed</p> <p>.....</p> <p>Red Apple</p>	<p> Pumpkin Soup and a Cheese and Tomato Sandwich Thin Toastie Kiwifruit</p> <p>.....</p> <p>Walnut & Date Cake</p>	<p> Roast Chicken with Tomato and Mayonnaise in a Wrap Orange</p> <p>.....</p> <p>Mango Yoghurt</p>	<p> Pulled Texas BBQ Lamb Red Apple</p> <p>.....</p> <p>Choc Chip & Orange Cake</p>	<p> Corned Beef, Tomato and Mustard Relish on a Grain Roll Orange</p> <p>.....</p> <p>Cheese & Crackers</p>	<p> Roast Chicken Tender, Tomato and Smashed Avocado in a Wrap</p> <p>.....</p> <p>Kiwifruit</p>
Vegetarian	<p> Roasted Pumpkin, Spinach & Fetta Pizza Fresh Cut Fruit</p> <p>.....</p> <p>Mixed Nuts</p>	<p> Shredded Tofu, Quinoa & Cranberry Slaw with Lemon Vinaigrette</p> <p>.....</p> <p>Peach Snack Cup</p>	<p> Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap</p> <p>.....</p> <p>Red Apple</p>	<p> Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>.....</p> <p>Sunshine Fruit Mix</p>	<p> Vegetable Curry & Rice Kiwifruit</p> <p>.....</p> <p>White Chocolate Blush Cake</p>	<p> Cheesy Veg Lasagne</p> <p>.....</p> <p>Pear Cup</p>	<p> Tortilla Stack Red Apple</p> <p>.....</p> <p>Mango Yoghurt</p>

Week B

This menu is for delivery weeks starting
22 Nov · 20 Dec · 17 Jan · 14 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Bacon and Egg Mayo on a toasted English Multigrain Muffin	A Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Strawberry Jam	A Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie	A Almond Toasted Muesli with skim milk* Passionfruit Yoghurt	A Eggs Benedict (Egg, Bacon , Baby Spinach and Hollandaise Sauce) on Ciabatta Toast	A Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Peanut Butter	A Honey Muesli Flakes with skim milk* Wholemeal & Seed Toast with Apricot Jam
	Fresh Fruit	Fresh Cut Fruit	Red Apple	Fruit Salad Cup	Orange	Kiwifruit	Peach Snack Cup
Optional	B Honey Muesli Flakes with skim milk* Mango Yoghurt	B Baked Beans and Cheese on Wholemeal & Seed Toast	B Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Plum Jam	B Two Eggs and Tomato on a toasted English Multigrain Muffin	B Nut Cluster Crunch with skim milk* Multigrain Toast with Butter and Vegemite	B Ham, Cheese and Tomato Sandwich Thin Toastie	B Bacon & Zucchini Bread with Egg and Tomato Chutney
	Pear Cup	Red Apple	Peach Snack Cup	Orange	Kiwifruit	Fruit Salad Cup	Red Apple

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Vegetarian meal

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Lemongrass Chicken Bites with Salad, Roasted Peanuts and Vietnamese Dressing Vanilla Pears	A Chargrilled Rissoles , Sweet Slaw and Creamy Cheese Dressing in a Wrap	A Crispy Greens Salad with Chicken and Garlic & Lemon Vinaigrette Tropical Crush	A Sesame & Ginger Pork	A Chargrilled Chicken & Parmesan Burger with Tomato, Baby Spinach and Tomato Chutney on a Grain Roll	A Baked Potato Bolognese Red Apple	A Roast Chicken & Gravy Orange
	Cheese & Crackers	Fresh Fruit	Choc Chip & Orange Cake	Red Apple	Pear Cup	Pistachio, White Chocolate & Strawberries	Dry Roasted Almonds
Optional	B Margherita Pizza with Bocconcini Red Apple	B BBQ Pork & Vietnamese Slaw with Hoisin Dressing on a Grain Roll Kiwifruit	B Hearty Beef & Barley Soup with Ciabatta Toast and Butter Red Apple	B Roast Chicken, Salad and Mayonnaise in a Wrap	B Tasmanian Salmon Risotto Orange	B Roast Chicken Tender , sliced Cucumber and Mayonnaise on a Long Multigrain Roll Peach Snack Cup	B Roast Beef, Cheese, Tomato and Corn Relish sandwich on Soy & Linseed Kiwifruit
	Apple, Cherry & Almond Cake	Dry Roasted Almonds	Maple Coconut Crunch with Cranberries	Sunshine Fruit Mix	Cheese & Crackers	Cinnamon Oat Bar	Mixed Berry Yoghurt
Vegetarian	C Tofu & Slaw with Asian Dressing in a Wrap	C Crispy Greens Salad with Egg and Lemon Vinaigrette	C Vietnamese Salad with Shredded Tofu & Peanuts and Asian Dressing Vanilla Pears	C Vegetarian Spaghetti Bolognese	C Mexican Bean Nachos with melted Cheese and Smashed Avocado	C Penne Pesto Pasta Orange	C Vegetarian Special Fried Rice Golden Raisin Mix
	Tropical Crush	Fresh Fruit	Mixed Berry Yoghurt	Peach & Pear Cup	Red Apple	Roasted Maple Walnuts & Cashews	Banana & Apple Bread

Week C

This menu is for delivery weeks starting
29 Nov · 27 Dec · 24 Jan · 21 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Bacon, Egg and Tomato on Multigrain Toast Peaches & Apricots	A Maple, Pear & Wheat Flakes with skim milk* Wholemeal & Seed Toast with Honey Fresh Fruit	A Ham, Egg & Cheese Melt in a Sandwich Thin Peaches with Raspberry Sauce	A Nut Cluster Crunch with skim milk* Mango Yoghurt Fruit Salad Cup	A Two Eggs, Baby Spinach and Fetta on Ciabatta Toast Orange	A Honey Muesli Flakes with skim milk* Rye Toast with Plum Jam Red Apple	A Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Butter and Vegemite Peach Snack Cup
Optional	B Almond Toasted Muesli with skim milk* Passionfruit Yoghurt Orange	B Egg, Cherry Tomatoes, Avo & Fetta on Ciabatta Toast Pear Cup	B Apple & Cinnamon Bircher Muesli Red Apple	B Baked Beans and Cheese on Multigrain Toast Orange	B Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Peanut Butter Kiwifruit	B Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin Fruit Salad Cup	B Two Eggs, Tomato and Smashed Avocado on Wholemeal & Seed Toast Kiwifruit

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Vegetarian meal

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Mediterranean Chicken Pizza with melted Cheese Fresh Fruit	A Sesame Pork with Asian Salad and Crispy Noodles Fresh Cut Fruit Cashews & Cranberries	A Southern Style Chicken with Ranch Slaw and Creamy Ranch Dressing Kiwifruit	A Chicken, Pumpkin & Mushroom Risotto Red Apple	A Asian Meatballs with Jasmine Rice Peach Snack Cup Classic Choc & Oats Bar	A Roast Chicken, Tomato and Smashed Avocado in a Wrap Dried Plums	A Beef Satay Red Apple Vanilla Yoghurt
Optional	B Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Red Apple	B Roast Chicken and Apple Salad with Slivered Almonds and Honey Mustard Dressing Dried Plums	B Wholesome Cauliflower & Cashew Soup with Wholemeal & Seed Toast and Butter Orange Mixed Berry Yoghurt	B Mexican Pulled Beef Nachos with melted Cheese and Smashed Avocado Peach Snack Cup	B Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Red Apple Choc Cranberry Trail Mix	B Spaghetti Bolognese Orange White Chocolate Blush Cake	B Ham, Cheese and Tomato sandwich on Soy & Linseed Pear Cup
Vegetarian	C Egg & Avocado Salad with Honey Mustard Dressing Peaches with Raspberry Sauce	C Veggie Burger , Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin Red Apple	C Crispy Asian & Shredded Tofu Salad with Asian Dressing Peaches & Apricots Classic Choc & Oats Bar	C Lentil Apple & Walnut Salad with Honey Mustard Dressing Kiwifruit	C Tortilla Stack Dried Apricots Vanilla Yoghurt	C Vegetable Curry & Rice Peach Snack Cup Sesame Peanuts	C Macaroni 'n' Cheese Orange Double Chocolate Cake

Week D

This menu is for delivery weeks starting
6 Dec · 3 Jan · 31 Jan · 28 Feb

Lite n' Easy

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

Breakfast & morning snack

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Bacon, Avocado & Fetta Sandwich Thin Toastie Fresh Fruit	A Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Peanut Butter Fresh Cut Fruit	A Fresh Omelette (Two Eggs, Cheese, Potato, Ham & Shallot Mix) Orange	A Nut Cluster Crunch with skim milk* Multigrain Toast with Honey Kiwifruit	A Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Apricot Jam Peach Snack Cup	A Two Eggs, Tomato and Tomato Chutney on a toasted English Multigrain Muffin Red Apple	A Maple, Pear & Wheat Flakes with skim milk* Mixed Berry Yoghurt Fruit Salad Cup
Optional	B Honey Muesli Flakes with skim milk* Rye Toast with Plum Jam Orange	B Baked Beans and Cheese on Wholemeal & Seed Toast Kiwifruit	B Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt Pear Cup	B Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie Peach Cup	B Toasted English Fruit Muffin with Butter (2) and Plum Jam Red Apple	B Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Butter and Vegemite Kiwifruit	B Bacon, Egg and Tomato on Multigrain Toast Red Apple

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Vegetarian meal

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	A Steamed Chicken & Mushroom Dumplings with Warm Asian Salad and Dressing Apricots & Pears	A Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap Fresh Fruit	A Mediterranean Chicken Salad with Italian Dressing Sweet Pineapple Bites with Passionfruit Tomato and Smashed Avocado on Ciabatta Toast	A Sweet Chicken Curry Red Apple Corn Chips with Salsa Dip	A Grass Fed Beef Burger with Caramelised Onion , Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll Orange	A Spaghetti Carbonara Pear Cup White Chocolate Blush Cake	A Oriental Beef & Noodles Orange Choc Hazelnut & Fruit Mix
Optional	B Smoked Salmon, Rocket & Beetroot Salad Red Apple	B Creamy Chicken & Risoni Orange 9 Grain Crispbread with Peanut Butter	B Beef & Peanut Fried Rice Dried Apricots	B Roast Beef and Salad with Tasty Relish on a Grain Roll Orange Passionfruit Yoghurt	B Ham, Cheese and Tomato sandwich on Multigrain Fruit Salad Cup	B Chicken, Coconut & Lemongrass Soup with Ciabatta Toast and Butter Red Apple Dry Roasted Almonds	B Roast Chicken Tender , Tomato and Mayonnaise in a Wrap Kiwifruit Banana & Apple Bread
Vegetarian	C Greek Salad with Boccoconini and Creamy Dressing in a Wrap Sweet Pineapple Bites with Passionfruit	C Steamed Zucchini & Corn Dumplings with Warm Asian Salad and Dressing Fresh Fruit	C Curried Egg Spread and Baby Leaf on a Long Multigrain Roll Apricots & Pears Choc Cranberry Trail Mix	C Mediterranean Mixed Bean Salad with Greek Vinaigrette Fruit Salad Cup	C Mexican Bean Nachos with melted Cheese and Smashed Avocado Dried Plums	C Cheese, Tomato and Caramelised Onion sandwich on Wholemeal & Seed Orange Mango Yoghurt	C Penne Pesto Pasta Peach Snack Cup Ciabatta Toast with Peanut Butter