





























# Week A

This menu is for delivery weeks starting  
**8th Mar · 5th Apr · 3rd May**

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	  Egg, Cherry Tomatoes, Avo & Fetta on <b>Ciabatta Toast</b>  Sweet Pineapple Bites with Passionfruit	  Almond Toasted Muesli with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite  Fresh Cut Fruit	  Ham, Egg & Cheese Melt in a <b>Sandwich Thin</b>  Red Apple	  Apple, Cranberry & Bran Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter  Orange	  Eggs Benedict (Egg, <b>Bacon</b> , Baby Spinach and Hollandaise Sauce) on <b>Ciabatta Toast</b>  Peach Cup	  Maple, Pear & Wheat Flakes with skim milk* <b>Multigrain Toast</b> with Honey  Kiwifruit	  Honey Muesli Flakes with skim milk* Mixed Berry Yoghurt  Pear Cup
Optional	  Honey Muesli Flakes with skim milk* <b>Rye Toast</b> with Strawberry Jam  Red Apple	  <b>Bacon</b> , Egg and Tomato on <b>Multigrain Toast</b>  Peach & Pear Cup	  Fruity Almond Crunch with skim milk* Vanilla Yoghurt  Fruit Salad Cup	  Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b>  Kiwifruit	  Apple & Raspberry Bircher Muesli  Orange	  Egg, Smashed Avocado and Fetta on <b>Soy &amp; Linseed Toast</b>  Fruit Salad Cup	  <b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney  Orange

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](http://liteneasy.com.au)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Mexican Pulled Chicken Nachos with Cheese and Smashed Avocado</p> <p>Fresh Fruit</p>	<p>Turkey, Cranberry &amp; Walnut Salad with Creamy Ranch Dressing</p> <p><b>Fresh Fruit</b></p> <p>Classic Choc &amp; Oats Bar</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Apricots &amp; Pears</p>	<p><b>Baked Potato Bolognese</b></p> <p>Fruit Salad Cup</p> <p>Passionfruit Yoghurt</p>	<p>Chicken, Apple &amp; Walnut Salad with Caramelised Balsamic Dressing</p> <p>Orange</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p><b>Roast Chicken Penne</b></p> <p>Peach Snack Cup</p> <p>Pistachio, White Chocolate &amp; Strawberries</p>	<p><b>Coconut Beef Curry</b></p> <p>Red Apple</p> <p>Corn Chips with Salsa Dip</p>
Optional	<p>Curried Egg Spread and Baby Leaf on a <b>Long Multigrain Roll</b></p> <p>Peach Cup</p> <p>Choc Cranberry Trail Mix</p>	<p><b>Grass Fed Beef Burger with Caramelised Onion</b>, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b></p> <p>Red Apple</p>	<p><b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Orange</p> <p><b>Apple &amp; Cranberry Muffin</b></p>	<p><b>Roast Chicken Tender</b> with Tomato and Mayonnaise on a <b>Long Multigrain Roll</b></p> <p>Red Apple</p> <p>Cheese &amp; Crackers</p>	<p><b>Shepherd's Pie</b></p> <p>Pear Cup</p> <p>Cinnamon Oat Bar</p>	<p>Ham, Cheese and Tomato sandwich on <b>Wholemeal &amp; Seed</b></p> <p>Golden Raisin Mix</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap</p> <p>Kiwifruit</p> <p>Roasted Maple Walnuts &amp; Cashews</p>
Vegetarian	<p><b>Pumpkin Soup</b> with a Cheese and Tomato <b>Sandwich Thin</b> Toastie</p> <p><b>Fresh Fruit</b></p> <p><b>Choc Chip &amp; Orange Cake</b></p>	<p>Chickpea, Sweet Potato &amp; Fetta Salad with Creamy Tahini Dressing</p> <p>Apricots &amp; Pears</p>	<p>Steamed Zucchini &amp; Corn Dumplings with Warm Asian Salad and Dressing</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b></p> <p>Sunshine Fruit Mix</p>	<p><b>Tortilla Stack</b></p> <p>Red Apple</p> <p>Peach Yoghurt</p>	<p><b>Vegetable Curry &amp; Rice</b></p> <p>Orange</p> <p>Cheese &amp; Crackers</p>	<p><b>Vegetarian Spaghetti Bolognese</b></p> <p>Kiwifruit</p> <p>Choc Cranberry Trail Mix</p>

1200 Calories per day when breakfast, lunch and dinner combined.

Choose one option for each day.



























# Week B

This menu is for delivery weeks starting  
**15th Mar · 12th Apr · 10th May**

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	  Fruity Almond Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Plum Jam ..... Fresh Fruit	  <b>Bacon</b> and Egg Mayo on a toasted <b>English Multigrain Muffin</b> ..... Fresh Fruit	  Apple, Cranberry & Bran Flakes with skim milk* <b>Rye Toast</b> with Strawberry Jam ..... Kiwifruit	  Two Eggs, Baby Spinach and Fetta on <b>Ciabatta Toast</b> ..... Red Apple	  Maple, Pear & Wheat Flakes with skim milk* Passionfruit Yoghurt ..... Fruit Salad Cup	  Creamy Almond & Vanilla Oats <b>Multigrain Toast</b> with Butter and Vegemite ..... Orange	  Ham, Egg and Tomato on <b>Wholemeal &amp; Seed Toast</b> ..... Peach Cup
Optional	 <b>Bacon</b> , Egg and Tomato <b>Sandwich Thin</b> Toastie ..... Peach Cup	  Maple, Pear & Wheat Flakes with skim milk* <b>Multigrain Toast</b> with Peanut Butter ..... Kiwifruit	  Baked Beans and Cheese on <b>Wholemeal &amp; Seed Toast</b> ..... Peach & Pear Cup	  Nut Cluster Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Honey ..... Orange	 <b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a Toasted <b>English Multigrain Muffin</b> ..... Red Apple	  Two Eggs, Smashed Avocado and Tomato on <b>Wholemeal &amp; Seed Toast</b> ..... Kiwifruit	  Almond Toasted Muesli with skim milk* Peach Yoghurt ..... Red Apple

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](http://liteneasy.com.au)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p><b>Teriyaki Chicken and Salad Wrap</b></p> <p>Kiwifruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p><b>Chicken Broccoli &amp; Turmeric Rice Salad with Zesty Dressing</b></p> <p>.....</p> <p>Pears &amp; Apples in Yoghurt</p>	<p><b>Beef &amp; Sweet Potato Hot Pot</b></p> <p>Tropical Crush</p> <p>.....</p> <p><b>Ciabatta Toast</b> with Tomato and Smashed Avocado</p>	<p><b>Southern Style Chicken Tenders</b> with Roasted Pumpkin Spinach Rocket Salad and Lime &amp; Jalapeno Dressing</p> <p>.....</p> <p>Red Apple</p>	<p><b>Grass Fed Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p><b>Aromatic Chicken Curry</b></p> <p>Peach Snack Cup</p> <p>.....</p> <p><b>Banana &amp; Apple Bread</b></p>	<p><b>Steamed Chicken with Ginger &amp; Shallot</b></p> <p>.....</p> <p>Red Apple</p>
Optional	<p><b>Italian Roasted Vegetable Pizza with Bocconcini</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>Chargrilled Lamb and Greek Salad with Creamy Dressing in a Wrap</b></p> <p>.....</p> <p>Orange</p>	<p><b>Roast Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on Multigrain</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>Sesame &amp; Ginger Pork</b></p> <p>.....</p> <p>Peach Cup</p>	<p><b>Broccoli &amp; Chicken Pasta Bake</b></p> <p>Kiwifruit</p> <p>.....</p> <p><b>Double Chocolate Cake</b></p>	<p><b>Ham, Cheese and Tomato sandwich on Multigrain</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>Corned Beef, Tomato and Mustard Relish on a Grain Roll</b></p> <p>Pear Cup</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>
Vegetarian	<p><b>Mixed Bean, Broccoli &amp; Turmeric Rice Salad with Zesty Dressing</b></p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>Egg &amp; Avocado Salad with Honey Mustard Dressing</b></p> <p>.....</p> <p>Pears &amp; Apples in Yoghurt</p>	<p><b>Greek Salad, Bocconcini and Creamy Dressing in a Wrap</b></p> <p>.....</p> <p>Tropical Crush</p>	<p><b>Vegetarian Mexican Bean Nachos with Cheese and Smashed Avocado</b></p> <p>.....</p> <p>Orange</p>	<p><b>Coconut &amp; Lemongrass Tofu with Rice</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>Cheesy Veg Lasagne</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p><b>Wholesome Cauliflower &amp; Cashew Soup with Ciabatta Toast and Butter</b></p> <p>Orange</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</p>

1200 Calories per day when breakfast, lunch and dinner combined.

Choose one option for each day.

















# Week C

This menu is for delivery weeks starting  
**22nd Mar · 19th Apr · 17th May**

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	 <b>A</b> Bacon, Avocado & Fetta <b>Sandwich Thin</b> Toastie  Fresh Fruit	 <b>A</b> Maple, Pear & Wheat Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Apricot Jam  Fresh Cut Fruit	 <b>A</b> Fresh Omelette (Two Eggs, Sweet Potato, Ham & Cheese Mix)  Peach Snack Cup	 <b>A</b> Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter  Orange	 <b>A</b> Egg, Smashed Avocado and Fetta on <b>Ciabatta Toast</b>  Red Apple	 <b>A</b> Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt  Pear Cup	 <b>A</b> Almond Toasted Muesli with skim milk* <b>Rye Toast</b> with Plum Jam  Kiwifruit
Optional	 <b>B</b> Fruity Almond Crunch with skim milk* <b>Multigrain Toast</b> with Butter and Vegemite  Peach Snack Cup	 <b>B</b> Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b>  Orange	 <b>B</b> Honey Muesli Flakes with skim milk* Mixed Berry Yoghurt  Red Apple	 <b>B</b> Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on <b>Ciabatta Toast</b>  Fruit Salad Cup	 <b>B</b> Apple & Raspberry Bircher Muesli  Orange	 <b>B</b> Ham, Egg and Tomato on <b>Soy &amp; Linseed Toast</b>  Red Apple	 <b>B</b> <b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney  Peach Cup

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)



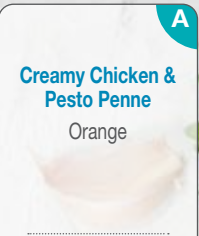
Items in blue are stored in the freezer



Vegetarian meal

# Lunch & afternoon snack

Order online at [liteneasy.com.au](http://liteneasy.com.au)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p><b>A</b></p> <p>Warm Japanese Beef &amp; Rice Salad</p> <p>.....</p> <p>Pear Cup</p>	<p><b>A</b></p> <p>BBQ Chicken &amp; Ham Pizza with melted Cheese</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>A</b></p> <p>Chicken &amp; Avocado Salad with Creamy Ranch Dressing</p> <p>Red Apple</p> <p>.....</p> <p>Peach Yoghurt</p>	<p><b>A</b></p> <p>Roast Chicken, Salad and Mild Chipotle Mayonnaise in a Wrap</p> <p>.....</p> <p>Golden Raisin Mix</p>	<p><b>A</b></p> <p><b>Slow Cooked Beef in Tomato &amp; Paprika Sauce</b></p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>A</b></p> <p><b>Creamy Chicken &amp; Pesto Penne</b></p> <p>Orange</p>  <p>.....</p> <p><b>Double Chocolate Cake</b></p>	<p><b>A</b></p> <p><b>Koftas in Spiced Tomato Sauce</b></p> <p>Red Apple</p> <p>.....</p> <p>Choc Hazelnut &amp; Fruit Mix</p>
Optional	<p><b>B</b></p> <p>Mexican Pulled Chicken Nachos with Cheese and Smashed Avocado</p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>.....</p> <p>Pear Cup</p>	<p><b>B</b></p> <p><b>Pulled Texas BBQ Lamb</b></p> <p>Orange</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p>	<p><b>B</b></p> <p>Ham, Cheese, Salad and Tomato Jam on a <b>Grain Roll</b></p> <p>.....</p> <p>Peach Cup</p>	<p><b>B</b></p> <p>Oven Roasted Turkey, Tomato, Sliced Cucumber and Cranberry Sauce in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p>Coconut, Espresso &amp; Cashew Clusters</p>	<p><b>B</b></p> <p>Roast Beef, Cheese, Tomato and Caramelised Onion sandwich on <b>Multigrain</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>B</b></p> <p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise on a <b>Long Multigrain Roll</b></p> <p>Orange</p> <p>.....</p> <p><b>Apple, Cherry &amp; Almond Cake</b></p>
Vegetarian	<p><b>C</b></p> <p>Shredded Tofu, Quinoa &amp; Cranberry Slaw with Lemon Vinaigrette</p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p><b>C</b></p> <p>Curried Egg Spread and Baby Leaf on a <b>Long Multigrain Roll</b></p> <p><b>Fresh Fruit</b></p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p><b>C</b></p> <p>Warm Japanese Tofu &amp; Rice Salad</p> <p>.....</p> <p>Dried Apricots</p>	<p><b>C</b></p> <p><b>Cheesy Mushroom &amp; Semi Dried Tomato Penne</b></p> <p>Kiwifruit</p> <p>.....</p> <p>Savoury Nut Mix</p>	<p><b>C</b></p> <p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b></p> <p>.....</p> <p>Peach Cup</p>	<p><b>C</b></p> <p><b>Tortilla Stack</b></p> <p>Red Apple</p> <p>.....</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p><b>C</b></p> <p><b>Vegetarian Spaghetti Bolognese</b></p> <p>.....</p> <p>Pear Cup</p>

1200 Calories per day when breakfast, lunch and dinner combined.

Choose one option for each day.















# Week D

This menu is for delivery weeks starting  
29th Mar · 26th Apr · 24th May

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	 Fresh Omelette (Two Eggs, Roasted Vegetable Mix and Cheese)  Fresh Fruit	 Fruity Almond Crunch with skim milk* Peach Yoghurt  Vanilla Pears	 Breakfast Wrap (Egg, Mushroom, Ham & Spinach) with BBQ Sauce in a Wrap  Orange	 Creamy Almond & Vanilla Oats <b>Wholemeal &amp; Seed Toast</b> with Butter and Vegemite  Red Apple	 Maple, Pear & Wheat Flakes with skim milk* <b>Multigrain Toast</b> with Honey  Kiwifruit	 <b>Bacon</b> , Egg and Tomato on a toasted <b>English Multigrain Muffin</b>  Fruit Salad Cup	 Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Apricot Jam  Orange
Optional	 Honey Muesli Flakes with skim milk* <b>Multigrain Toast</b> with Peanut Butter  Orange	 Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b>  Peach Snack Cup	 Almond Toasted Muesli with skim milk* <b>Rye Toast</b> with Strawberry Jam  Red Apple	 Baked Beans and Cheese on <b>Soy &amp; Linseed Toast</b>  Peach Cup	 Two Eggs, Baby Spinach and Fetta on <b>Ciabatta Toast</b>  Orange	 Honey Muesli Flakes with skim milk* Passionfruit Yoghurt  Peach Cup	 Two Eggs, Tomato and Chutney on a toasted <b>English Multigrain Muffin</b>  Kiwifruit

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](http://liteneasy.com.au)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p><b>A</b></p> <p>Caesar Salad Wrap (Chicken, Ham, Salad, Parmesan) with Caesar Dressing</p> <p>.....</p> <p>Peaches &amp; Apricots</p>	<p><b>A</b></p> <p><b>Chicken Fajita Bowl</b></p> <p><b>Fresh Fruit</b></p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p>	<p><b>A</b></p> <p>Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing</p> <p>.....</p> <p>Peach Cup</p>	<p><b>A</b></p> <p><b>Chargrilled Chicken &amp; Parmesan Burger</b> with Tomato, Baby Spinach and Tomato Chutney on a <b>Grain Roll</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>A</b></p> <p>Chicken &amp; Roasted Beetroot Salad with Fetta and Caramelised Balsamic Dressing</p> <p>Dried Plums</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p><b>A</b></p> <p><b>Spaghetti Bolognese</b></p> <p>Orange</p> <p>.....</p> <p>Cashews &amp; Cranberries</p>	<p><b>A</b></p> <p><b>Coconut &amp; Lemongrass Chicken with Rice</b></p> <p>.....</p> <p>Red Apple</p>
Optional	<p><b>B</b></p> <p><b>Tasmanian Salmon Risotto</b></p> <p>Kiwifruit</p> <p>.....</p> <p>Maple Cashew Crunch</p>	<p><b>B</b></p> <p><b>Minestrone Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Orange</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>B</b></p> <p>Chicken, Avocado &amp; Salad sandwich on <b>Soy &amp; Linseed</b></p> <p>.....</p> <p>Sunshine Fruit Mix</p>	<p><b>B</b></p> <p><b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Roast Beef, Cheese, Salad and Corn Relish on a <b>Grain Roll</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>B</b></p> <p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p><b>Double Chocolate Cake**</b></p>	<p><b>B</b></p> <p>Ham, Cheese, Tomato and Tasty Relish sandwich on <b>Multigrain</b></p> <p>.....</p> <p>Peach Snack Cup</p>
Vegetarian	<p><b>C</b></p> <p>Persian Style Chickpea &amp; Cranberry Salad with Creamy Tahini Dressing</p> <p>.....</p> <p>Peaches &amp; Apricots</p>	<p><b>C</b></p> <p>Egg &amp; Spinach with Tomato and Creamy Ranch Dressing in a Wrap</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>C</b></p> <p>Italian Roasted Vegetable Pizza with Bocconcini</p> <p>.....</p> <p>Vanilla Pears</p>	<p><b>C</b></p> <p>Lentil &amp; Roasted Beetroot Salad with Fetta and Caramelised Balsamic Dressing</p> <p>Orange</p> <p>.....</p> <p><b>White Chocolate Blush Cake**</b></p>	<p><b>C</b></p> <p><b>Macaroni 'n' Cheese</b></p> <p>Red Apple</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p>	<p><b>C</b></p> <p><b>Vegetarian Special Fried Rice</b></p> <p>Pear Cup</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p><b>C</b></p> <p><b>Vegetable Curry &amp; Rice</b></p> <p>Peach Snack Cup</p> <p>.....</p> <p>Mixed Berry Yoghurt</p>

1200 Calories per day when breakfast, lunch and dinner combined.



\*\*Week of March 29 - Hot Cross Bun

Choose one option for each day.