





























# 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	  <b>A</b> Two Eggs, Cherry Tomatoes, Avo & Fetta on two slices of <b>Ciabatta Toast</b>  Sweet Pineapple Bites with Passionfruit	  <b>A</b> Almond Toasted Muesli with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite  <b>Fresh Cut Fruit</b>	  <b>A</b> Maple, Pear & Wheat Flakes with skim milk* Ham, Egg & Cheese Melt in a <b>Sandwich Thin</b>  Red Apple	  <b>A</b> Apple, Cranberry & Bran Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter and Strawberry Jam  Orange	  <b>A</b> Eggs Benedict (Two Eggs, <b>Bacon</b> , Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b>  Peach Cup	  <b>A</b> Maple, Pear & Wheat Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Honey  Kiwifruit	  <b>A</b> Honey Muesli Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Apricot Jam Mixed Berry Yoghurt  Pear Cup
Optional	  <b>B</b> Honey Muesli Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam  Red Apple	  <b>B</b> <b>Bacon</b> , two Eggs and Tomato on two slices of <b>Multigrain Toast</b>  Peach & Pear Cup	  <b>B</b> Fruity Almond Crunch with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter Vanilla Yoghurt  Fruit Salad Cup	  <b>B</b> Nut Cluster Crunch with skim milk* Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b>  Kiwifruit	  <b>B</b> Apple & Raspberry Bircher Muesli <b>Multigrain Toast</b> with Plum Jam  Orange	  <b>B</b> Two Eggs, Smashed Avocado and Fetta on two slices of <b>Soy &amp; Linseed Toast</b>  Red Apple	  <b>B</b> Almond Toasted Muesli with skim milk* <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><b>Fresh Fruit</b></p> <p>.....</p> <p><b>Banana &amp; Apple Bread</b></p>	<p>Turkey, Cranberry &amp; Walnut Salad with Creamy Ranch Dressing</p> <p><b>Fresh Fruit</b></p> <p>.....</p> <p>Classic Choc &amp; Oats Bar Savoury Nut Mix</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Apricots &amp; Pears</p> <p>.....</p> <p>Coconut, Espresso &amp; Cashew Clusters</p>	<p><b>Baked Potato Bolognese</b></p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Chicken, Apple &amp; Walnut Salad with Caramelised Balsamic Dressing</p> <p>Orange</p> <p>.....</p> <p>Choc &amp; Nut Mix</p>	<p><b>Roast Chicken Penne</b></p> <p>Peach Snack Cup</p> <p>.....</p> <p>Pistachio, White Chocolate &amp; Strawberries</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>Coconut Beef Curry</b></p> <p>Red Apple</p> <p>.....</p> <p>Corn Chips with Salsa Dip Classic Choc &amp; Oats Bar</p>
Optional	<p>Curried Egg Spread and Baby Leaf on a <b>Long Multigrain Roll</b></p> <p>Peach Cup</p> <p>.....</p> <p>Choc Cranberry Trail Mix Cheese &amp; Crackers</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>.....</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p><b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Orange</p> <p>.....</p> <p><b>Apple &amp; Cranberry Muffin</b></p> <p>Savoury Nut Mix</p>	<p><b>Roast Chicken Tender</b> with Tomato and Mayonnaise on a <b>Long Multigrain Roll</b></p> <p>Red Apple</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>Shepherd's Pie</b></p> <p>Pear Cup</p> <p>.....</p> <p>Cinnamon Oat Bar Corn Chips with Salsa Dip</p>	<p>Ham, Cheese and Tomato sandwich on <b>Wholemeal &amp; Seed</b></p> <p>Golden Raisin Mix</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p>Choc &amp; Nut Mix</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>.....</p> <p><b>Choc Chip &amp; Orange Cake</b></p> <p>Peanuts, Almonds &amp; Cashews</p>	<p>Chickpea, Sweet Potato &amp; Fetta Salad with Creamy Tahini Dressing</p> <p>Apricots &amp; Pears</p> <p>.....</p> <p><b>Apple Crumble</b></p>	<p>Steamed Zucchini &amp; Corn Dumplings with Warm Asian Salad and Dressing</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</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>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>Tortilla Stack</b></p> <p>Red Apple</p> <p>.....</p> <p>Peach Yoghurt Almonds, Pretzels &amp; Peanuts</p>	<p><b>Vegetable Curry &amp; Rice</b></p> <p>Orange</p> <p>.....</p> <p><b>Apple, Cherry &amp; Almond Cake</b></p> <p>Coconut, Espresso &amp; Cashew Clusters</p>	<p><b>Vegetarian Spaghetti Bolognese</b></p> <p>Kiwifruit</p> <p>.....</p> <p>Cheese &amp; Crackers</p>

1500 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	<p> <b>A</b></p> <p>Fruity Almond Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p> <b>A</b></p> <p>Almond Toasted Muesli with skim milk* <b>Bacon</b> and Egg Mayo on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Fresh Fruit</p>	<p> <b>A</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>.....</p> <p>Kiwifruit</p>	<p> <b>A</b></p> <p>Honey Muesli Flakes with skim milk* Two Eggs, Baby Spinach and Fetta on <b>Ciabatta Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p> <b>A</b></p> <p>Maple, Pear &amp; Wheat Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Honey Passionfruit Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p> <b>A</b></p> <p>Creamy Almond &amp; Vanilla Oats Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p>Orange</p>	<p> <b>A</b></p> <p>Ham, two Eggs and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>.....</p> <p>Peach Cup</p>
Optional	<p> <b>B</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Bacon</b>, Egg and Tomato <b>Sandwich Thin</b> Toastie</p> <p>.....</p> <p>Peach Cup</p>	<p> <b>B</b></p> <p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Kiwifruit</p>	<p> <b>B</b></p> <p>Baked Beans, Egg and Cheese on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>.....</p> <p>Peach Snack Cup</p>	<p> <b>B</b></p> <p>Nut Cluster Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Honey</p> <p>.....</p> <p>Orange</p>	<p> <b>B</b></p> <p>Fruity Almond Crunch with skim milk* <b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a Toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Red Apple</p>	<p> <b>B</b></p> <p>Two Eggs, Smashed Avocado and Tomato on two slices of <b>Wholemeal &amp; Seed Toast</b></p> <p>.....</p> <p>Kiwifruit</p>	<p> <b>B</b></p> <p>Almond Toasted Muesli with skim milk* <b>Ciabatta Toast</b> with Peanut Butter Peach Yoghurt</p> <p>.....</p> <p>Red Apple</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](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>Teriyaki Chicken and Salad Wrap Kiwifruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p> <p><b>Banana &amp; Apple Bread</b></p>	<p><b>A</b></p> <p>Chicken Broccoli &amp; Turmeric Rice Salad with Zesty Dressing Pears &amp; Apples in Yoghurt</p> <p>.....</p> <p><b>Choc Chip &amp; Orange Cake</b></p>	<p><b>A</b></p> <p><b>Beef &amp; Sweet Potato Hot Pot</b> Tropical Crush</p> <p>.....</p> <p><b>Ciabatta Toast</b> with Tomato and Smashed Avocado</p> <p>Roasted Maple Walnuts &amp; Cashews</p>	<p><b>A</b></p> <p><b>Southern Style Chicken Tenders</b> with Roasted Pumpkin Spinach Rocket Salad and Lime &amp; Jalapeno Dressing Red Apple</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>A</b></p> <p><b>Grass Fed Beef Burger with Caramelised Onion,</b> Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b> Peach &amp; Pear Cup</p> <p>.....</p> <p>Mixed Nuts</p>	<p><b>A</b></p> <p><b>Aromatic Chicken Curry</b> Peach Snack Cup</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>A</b></p> <p><b>Steamed Chicken with Ginger &amp; Shallot</b> Red Apple</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>
Optional	<p><b>B</b></p> <p>Italian Roasted Vegetable Pizza with Bocconcini Red Apple</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>	<p><b>B</b></p> <p><b>Chargrilled Lamb</b> and Greek Salad with Creamy Dressing in a Wrap Orange</p> <p>.....</p> <p><b>Apple Crumble</b></p>	<p><b>B</b></p> <p>Roast Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on <b>Multigrain</b> Fruit Salad Cup</p> <p>.....</p> <p>Mixed Berry Yoghurt with Yoghurt Sprinkle</p>	<p><b>B</b></p> <p><b>Sesame &amp; Ginger Pork</b> Peach Cup</p> <p>.....</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p><b>B</b></p> <p><b>Broccoli &amp; Chicken Pasta Bake</b> Kiwifruit</p> <p>.....</p> <p><b>Double Chocolate Cake</b> Corn Chips with Salsa Dip</p>	<p><b>B</b></p> <p>Ham, Cheese and Tomato sandwich on <b>Multigrain</b> Red Apple</p> <p>.....</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>B</b></p> <p>Corned Beef, Tomato and Mustard Relish on a <b>Grain Roll</b> Pear Cup</p> <p>.....</p> <p>Choc Nut Bar</p>
Vegetarian	<p><b>C</b></p> <p>Mixed Bean, Broccoli &amp; Turmeric Rice Salad with Zesty Dressing <b>Fresh Fruit</b></p> <p>.....</p> <p><b>Double Chocolate Cake</b></p>	<p><b>C</b></p> <p>Egg &amp; Avocado Salad with Honey Mustard Dressing Pears &amp; Apples in Yoghurt</p> <p>.....</p> <p>Mixed Nuts</p>	<p><b>C</b></p> <p>Greek Salad, Bocconcini and Creamy Dressing in a Wrap Tropical Crush</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p><b>C</b></p> <p>Vegetarian Mexican Bean Nachos with Cheese and Smashed Avocado Orange</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p><b>C</b></p> <p><b>Coconut &amp; Lemongrass Tofu with Rice</b> Red Apple</p> <p>.....</p> <p>Maple Cashew Crunch</p>	<p><b>C</b></p> <p><b>Cheesy Veg Lasagne</b> Peach &amp; Pear Cup</p> <p>.....</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>C</b></p> <p><b>Wholesome Cauliflower &amp; Cashew Soup</b> with <b>Ciabatta Toast</b> and Butter Orange</p> <p>.....</p> <p>Choc &amp; Nut Mix</p>

1500 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	<p><b>A</b></p> <p>Almond Toasted Muesli with skim milk*</p> <p><b>Bacon</b>, Avocado &amp; Fetta <b>Sandwich Thin Toaste</b></p> <p>.....</p> <p>Fresh Fruit</p>	<p><b>A</b></p> <p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p><b>A</b></p> <p>Fresh Omelette (Two Eggs, Sweet Potato, Ham &amp; Cheese Mix) on <b>Ciabatta Toast</b> with Butter</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>A</b></p> <p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of <b>Wholemeal &amp; Seed Toast</b> with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p><b>A</b></p> <p>Two Eggs, Smashed Avocado and Fetta on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>A</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p><b>Multigrain Toast</b> with Butter and Vegemite Vanilla Yoghurt</p> <p>.....</p> <p>Pear Cup</p>	<p><b>A</b></p> <p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Kiwifruit</p>
Optional	<p><b>B</b></p> <p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>B</b></p> <p>Nut Cluster Crunch with skim milk*</p> <p>Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Orange</p>	<p><b>B</b></p> <p>Honey Muesli Flakes with skim milk*</p> <p><b>Wholemeal &amp; Seed Toast</b> with Butter with Strawberry Jam Mixed Berry Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>B</b></p> <p>Apple &amp; Raspberry Bircher Muesli <b>Multigrain Toast</b> with Apricot Jam</p> <p>.....</p> <p>Orange</p>	<p><b>B</b></p> <p>Ham, two Eggs and Tomato on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Fruity Almond Crunch with skim milk*</p> <p><b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney</p> <p>.....</p> <p>Peach Cup</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.  
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Items in blue are stored in the freezer



Vegetarian meal

# Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Warm Japanese Beef &amp; Rice Salad Pear Cup</p> <p>.....</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p>BBQ Chicken &amp; Ham Pizza with melted Cheese <b>Fresh Fruit</b></p> <p>.....</p> <p>Choc Nut Bar</p>	<p>Chicken &amp; Avocado Salad with Creamy Ranch Dressing Red Apple</p> <p>.....</p> <p>Peach Yoghurt Maple Coconut Crunch with Cranberries</p>	<p>Roast Chicken, Salad and Mild Chipotle Mayonnaise in a Wrap Golden Raisin Mix</p> <p>.....</p> <p><b>Bananna &amp; Date Muffin</b></p>	<p><b>Slow Cooked Beef in Tomato &amp; Paprika Sauce</b> Fruit Salad Cup</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>Creamy Chicken &amp; Pesto Penne</b> Orange</p> <p>.....</p> <p><b>Double Chocolate Cake</b> Almonds, Pretzels &amp; Peanuts</p>	<p><b>Koftas in Spiced Tomato Sauce</b> Red Apple</p> <p>.....</p> <p>Choc Hazelnut &amp; Fruit Mix Cinnamon Oat Bar</p>
Optional	<p>Mexican Pulled Chicken Nachos with Cheese and Smashed Avocado</p> <p>.....</p> <p>Red Apple</p>	<p>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette Pear Cup</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>Pulled Texas BBQ Lamb</b> Orange</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts Classic Choc &amp; Oats Bar</p>	<p>Ham, Cheese, Salad and Tomato Jam on a <b>Grain Roll</b> Peach Cup</p> <p>.....</p> <p>Maple Cashew Crunch</p>	<p>Oven Roasted Turkey, Tomato, Sliced Cucumber and Cranberry Sauce in a Wrap Kiwifruit</p> <p>.....</p> <p>Choc &amp; Nut Mix</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion sandwich on <b>Multigrain</b> Fruit Salad Cup</p> <p>.....</p> <p>Sesame Peanuts</p>	<p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise on a <b>Long Multigrain Roll</b> Orange</p> <p>.....</p> <p><b>Rice Pudding</b></p>
Vegetarian	<p>Shredded Tofu, Quinoa &amp; Cranberry Slaw with Lemon Vinaigrette <b>Fresh Cut Fruit</b></p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Curried Egg Spread and Baby Leaf on a <b>Long Multigrain Roll</b> <b>Fresh Fruit</b></p> <p>.....</p> <p><b>Apple Crumble</b></p>	<p>Warm Japanese Tofu &amp; Rice Salad Dried Apricots</p> <p>.....</p> <p>Choc Nut Bar</p>	<p><b>Cheesy Mushroom &amp; Semi Dried Tomato Penne</b> Kiwifruit</p> <p>.....</p> <p>Cashews, Almonds &amp; Walnuts</p>	<p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b> Peach Cup</p> <p>.....</p> <p><b>White Chocolate Blush Cake</b></p>	<p><b>Tortilla Stack</b> Red Apple</p> <p>.....</p> <p><b>Citrus &amp; Coconut Cake</b> Cheese &amp; Crackers</p>	<p><b>Vegetarian Spaghetti Bolognaise</b> Pear Cup</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>

1500 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) on <b>Soy &amp; Linseed Toast</b> with Butter	  Fruity Almond Crunch with skim milk* <b>Multigrain Toast</b> with Honey Peach Yoghurt	  Breakfast Wrap (Two Eggs, Mushroom Ham & Spinach and Cheese) with BBQ Sauce in a Wrap	  Creamy Almond & Vanilla Oats Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter (2) and Vegemite	  Maple, Pear & Wheat Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Honey	  <b>Bacon</b> , two Eggs, Tomato and Chutney on a toasted <b>English Multigrain Muffin</b>	  Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seed Toast</b> with Butter and Apricot Jam
	Fresh Fruit	Vanilla Pears	Orange	Red Apple	Kiwifruit	Fruit Salad Cup	Orange
Optional	  Honey Muesli Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Plum Jam	  Maple, Pear & Wheat Flakes with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b>	  Almond Toasted Muesli with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam	  Baked Beans with two slices of Cheese on two slices of <b>Soy &amp; Linseed Toast</b>	  Apple, Cranberry & Bran Flakes with skim milk* Two Eggs, Baby Spinach and Fetta on two slices of <b>Ciabatta Toast</b>	  Honey Muesli Flakes with skim milk* <b>Wholemeal &amp; Seed Toast</b> with Butter and Vegemite Passionfruit Yoghurt	  Fruity Almond Crunch with skim milk* Two Eggs, Tomato and Chutney on a toasted <b>English Multigrain Muffin</b>
	Orange	Peach Snack Cup	Red Apple	Peach Cup	Orange	Peach Cup	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 in a Wrap Peaches &amp; Apricots</p> <p>.....</p> <p>Sesame Peanuts</p>	<p><b>A</b></p> <p><b>Chicken Fajita Bowl</b> Fresh Fruit</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p> <p><b>Apple Crumble</b></p>	<p><b>A</b></p> <p>Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing Peach Cup</p> <p>.....</p> <p><b>Apple &amp; Cranberry Muffin</b></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>Fruit Salad Cup</p> <p>.....</p> <p>Vanilla Yoghurt</p>	<p><b>A</b></p> <p>Chicken &amp; Roasted Beetroot Salad with Fetta and Caramelised Balsamic Dressing Dried Plums</p> <p>.....</p> <p>Choc &amp; Nut Mix</p>	<p><b>A</b></p> <p><b>Spaghetti Bolognese</b> Orange</p> <p>.....</p> <p>Cashews &amp; Cranberries</p> <p><b>Ciabatta Toast</b> with Peanut Butter</p>	<p><b>A</b></p> <p><b>Coconut &amp; Lemongrass Chicken with Rice</b> Red Apple</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>
Optional	<p><b>B</b></p> <p><b>Tasmanian Salmon Risotto</b> Kiwifruit</p> <p>.....</p> <p>Cashews, Almonds &amp; Walnuts</p>	<p><b>B</b></p> <p><b>Minestrone Soup</b> with two slices of <b>Ciabatta Toast</b> and Butter 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> Sunshine Fruit Mix</p> <p>.....</p> <p><b>Choc Chip &amp; Orange Cake</b></p>	<p><b>B</b></p> <p><b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b> Red Apple</p> <p>.....</p> <p>Mixed Nuts</p>	<p><b>B</b></p> <p>Roast Beef, Cheese, Salad and Corn Relish on a <b>Grain Roll</b> Fruit Salad Cup</p> <p>.....</p> <p>Mixed Berry Yoghurt with Yoghurt Sprinkle</p>	<p><b>B</b></p> <p><b>Roast Chicken Tender</b>, Tomato and Mayonnaise in a Wrap Kiwifruit</p> <p>.....</p> <p><b>Double Chocolate Cake**</b> Roasted Maple Walnuts &amp; Cashews</p>	<p><b>B</b></p> <p>Ham, Cheese, Tomato and Tasty Relish sandwich on <b>Multigrain</b> Peach Snack Cup</p> <p>.....</p> <p>Maple Cashew Crunch</p>
Vegetarian	<p><b>C</b></p> <p>Persian Style Chickpea &amp; Cranberry Salad with Creamy Tahini Dressing Peaches &amp; Apricots</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>C</b></p> <p>Egg &amp; Spinach with Tomato and Creamy Ranch Dressing in a Wrap Fruit Salad Cup</p> <p>.....</p> <p><b>Walnut &amp; Date Cake</b></p>	<p><b>C</b></p> <p>Italian Roasted Vegetable Pizza with Bocconcini Vanilla Pears</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</p>	<p><b>C</b></p> <p>Lentil &amp; Roasted Beetroot Salad with Fetta and Caramelised Balsamic Dressing Orange</p> <p>.....</p> <p><b>White Chocolate Blush Cake**</b> <b>Ciabatta Toast</b> with Peanut Butter</p>	<p><b>C</b></p> <p><b>Macaroni 'n' Cheese</b> Red Apple</p> <p>.....</p> <p>Cashews, Almonds &amp; Walnuts</p>	<p><b>C</b></p> <p><b>Vegetarian Special Fried Rice</b> Pear Cup</p> <p>.....</p> <p>Cinnamon Oat Bar Cheese &amp; Crackers</p>	<p><b>C</b></p> <p><b>Vegetable Curry &amp; Rice</b> Peach Snack Cup</p> <p>.....</p> <p>Choc &amp; Nut Mix</p>

1500 Calories per day when breakfast, lunch and dinner combined.



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

Choose one option for each day.