

Week A

This menu is for delivery weeks starting
31 May · 28 June · 26 July

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>Ham, Egg & Cheese Melt in a Sandwich Thin</p> <p>Orange</p>	<p>Fruity Almond Crunch with skim milk* Wholemeal & Seed Toast with Strawberry Jam</p> <p>Peaches & Apricots</p>	<p>Creamy Cranberry & Apple Oats Soy & Linseed Toast with Apricot Jam</p> <p>Mandarin</p>	<p>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce) on Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Peanut Butter</p> <p>Kiwifruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Mixed Berry Yoghurt</p> <p>Peach Snack Cup</p>	<p>Egg, Smashed Avocado and Fetta on Ciabatta Toast</p> <p>Red Apple</p>
Optional	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Butter and Vegemite</p> <p>Peach Snack Cup</p>	<p>Bacon, Egg and Tomato on Soy & Linseed Toast</p> <p>Red Apple</p>	<p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Rye Toast with Plum Jam</p> <p>Mandarin</p>	<p>Two Eggs, Baby Spinach and Fetta on Ciabatta Toast</p> <p>Peach Cup</p>	<p>Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Vanilla Yoghurt</p> <p>Mandarin</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 & Mediterranean Salad with Fetta and Italian Dressing Fresh Fruit</p> <p>Banana & Date Muffin</p>	<p>Classic Supreme Pizza with melted Cheese Kiwifruit</p> <p>Corn Chips with Salsa Dip</p>	<p>Lemongrass Chicken Bites with Salad, Peanuts and Vietnamese Dressing</p> <p>Pears & Apples in Yoghurt with Almonds & Sultanas</p>	<p>Chicken Cacciatore & Polenta Pasta Bake</p> <p>Red Apple</p>	<p>Hearty Beef & Barley Soup and a Cheese and Tomato Sandwich Thin Toastie</p> <p>Sunshine Fruit Mix</p>	<p>Roast Chicken, Tomato and Mayonnaise Wrap Mandarin</p> <p>Cinnamon Oat Bar</p>	<p>Baked Potato Bolognese</p> <p>Peach & Pear Cup</p> <p>Roasted Maple Walnuts & Cashews</p>
Optional	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll Mandarin</p> <p>Choc Cranberry Trail Mix</p>	<p>Chicken & Cashew Bowl Peach Cup</p> <p>Cheese & Crackers</p>	<p>BBQ Pork & Slaw with Canton Dressing in a Wrap</p> <p>Red Apple</p>	<p>Mexican Pulled Beef Nachos with Cheese and Smashed Avocado</p> <p>Orange</p>	<p>Roast Chicken, Tomato and Mayonnaise sandwich on Wholemeal & Seed Peach Snack Cup</p> <p>Banana & Apple Bread</p>	<p>Slow Cooked Beef in Tomato & Paprika Sauce Fruit Salad Cup</p> <p>Dry Roasted Almonds</p>	<p>Ham, Cheese, Tomato and Mayonnaise sandwich on Soy & Linseed</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap</p> <p>Fresh Cut Fruit</p>	<p>Vietnamese Salad with Shredded Tofu and Asian Dressing</p> <p>Pears & Apples in Yoghurt with Almonds & Sultanas</p>	<p>Vegetarian Spaghetti Bolognese</p> <p>Fruit Salad Cup</p>	<p>Mediterranean Lentil Salad with Fetta and Italian Dressing Peach Snack Cup</p> <p>Savoury Nut Mix</p>	<p>Mexican Bean Nachos with Cheese and Smashed Avocado</p> <p>Mandarin</p>	<p>Minestrone Soup and Ciabatta Toast with Butter Dried Plums</p> <p>Citrus & Coconut Cake</p>	<p>Coconut & Lemongrass Tofu with Rice</p> <p>Orange</p>

Week B

This menu is for delivery weeks starting
7 June · 5 July · 2 August

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>Bacon, Egg and Tomato on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Soy & Linseed Toast with Butter and Vegemite</p> <p>.....</p> <p>Mandarin</p>	<p>Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese)</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Rhubarb & Apple Yoghurt</p> <p>.....</p> <p>Pear Cup</p>	<p>Honey Muesli Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Orange</p>
Optional	<p>Apple, Cranberry & Bran Flakes with skim milk* Ciabatta Toast with Peanut Butter</p> <p>.....</p> <p>Kiwifruit</p>	<p>Baked Beans and Cheese on Wholemeal & Seed Toast</p> <p>.....</p> <p>Pear Cup</p>	<p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Butter and Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Apple & Cinnamon Bircher Muesli</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs, Tomato and Chutney on Soy & Linseed Toast</p> <p>.....</p> <p>Mandarin</p>

Remember to wash whole fruit before eating.



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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>Oriental Beef & Noodles Fresh Cut Fruit</p> <p>.....</p> <p>Citrus & Coconut Cake</p>	<p>Roast Chicken & Apple Salad with Slivered Almonds and Honey Mustard Dressing Fresh Fruit</p> <p>.....</p> <p>Mixed Berry Yoghurt</p>	<p>Chargrilled Rissoles with Sweet Slaw and Creamy Cheese Dressing in a Wrap</p> <p>.....</p> <p>Tropical Crush</p>	<p>Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing</p> <p>.....</p> <p>Orange</p>	<p>Chargrilled Chicken Burger with Parmesan, Tomato, Baby Spinach and Tomato Chutney on a Grain Roll</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Spanish Chicken Chorizo Rice</p> <p>.....</p> <p>Mandarin</p>	<p>Shepherd's Pie Peach Cup</p> <p>.....</p> <p>Dry Roasted Almonds</p>
Optional	<p>Smoked Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on Multigrain</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Curried Egg Spread and Baby Leaf on a Long Multigrain Roll Peach Cup</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Hearty Chicken & Vegetable Soup and Ciabatta Toast with Butter Mandarin</p> <p>.....</p> <p>Apple & Cranberry Muffin</p>	<p>Roast Beef, Cheese, Tomato and Fruit Chutney on a Grain Roll</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Tasmanian Salmon Risotto Red Apple</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Flame Grilled Meatballs with Mash</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Roast Chicken, Tomato and Smashed Avocado Wrap</p> <p>.....</p> <p>Pear Cup</p>
Vegetarian	<p>Egg & Avocado Salad with Honey Mustard Dressing Fresh Fruit</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p>Italian Roasted Vegetable Pizza with Bocconcini</p> <p>.....</p> <p>Tropical Crush</p>	<p>Tofu & Mixed Grain Salad with Honey, Lime & Coconut Dressing</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>Tortilla Stack Red Apple</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Miso Soup with Tofu & Vegetables Peach Snack Cup</p> <p>.....</p> <p>Rice Pudding with Blueberry & Apple Compote</p>	<p>Cheese, Tomato, Sliced Cucumber and Mustard Relish sandwich on Multigrain Orange</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>Vegetarian Spaghetti Bolognese</p> <p>.....</p> <p>Red Apple</p>

Week C

This menu is for delivery weeks starting
14 June · 12 July · 9 August

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>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Peanut Butter</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Vanilla Yoghurt</p> <p>Fresh Cut Fruit</p>	<p>Bacon and Egg Mayo on a toasted English Multigrain Muffin</p> <p>Mandarin</p>	<p>Two Eggs, Fetta and Baby Spinach on Ciabatta Toast</p> <p>Orange</p>	<p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Butter and Vegemite</p> <p>Peach Snack Cup</p>	<p>Ham, Egg and Tomato on Wholemeal & Seed Toast</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Honey</p> <p>Kiwifruit</p>
Optional	<p>Egg, Smashed Avocado and Fetta on Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Breakfast Wrap (Egg, Mushroom, Ham & Spinach with BBQ Sauce) in a Wrap</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Rye Toast with Plum Jam</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Butter and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>Mandarin</p>	<p>Fruity Almond Crunch with skim milk* Rhubarb & Apple Yoghurt</p> <p>Peach Cup</p>	<p>Two Eggs and Tomato on Wholemeal & Seed Toast</p> <p>Pear Cup</p>

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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	<p>Chicken, Ham, Egg & Cheese Salad with Creamy Cheese Dressing</p> <p>Pear Cup</p>	<p>Lamb, Lentil & Vegetable Salad with Fetta and Greek Vinaigrette Red Apple</p> <p>Cheese & Crackers</p>	<p>Smoked Chicken, Apple Slaw and Zesty Dressing in a Wrap</p> <p>Peach Cup</p>	<p>Moroccan Chicken with Pilaf Rice Pear Cup</p> <p>Cashews & Cranberries</p>	<p>Aussie Beef Burger with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll Orange</p> <p>Passionfruit Yoghurt</p>	<p>Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter Fruit Salad Cup</p> <p>Double Chocolate Cake</p>	<p>Sticky BBQ Meatballs with Mixed Vegetable Rice</p> <p>Mandarin</p>
Optional	<p>BBQ Pork & Slaw with Hoisin Dressing on a Grain Roll Fresh Fruit</p> <p>Choc Cranberry Trail Mix</p>	<p>Sweet Chicken Curry Peach Snack Cup</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Beef & Sweet Potato Hot Pot Fruit Salad Cup</p> <p>Choc Chip & Orange Cake</p>	<p>Ham, Cheese, Salad and Tomato Jam on a Grain Roll Mandarin</p> <p>Mixed Berry Yoghurt</p>	<p>Broccoli & Chicken Pasta Bake Red Apple</p> <p>Sesame Peanuts</p>	<p>Steamed Chicken with Ginger & Shallot</p> <p>Pear Cup</p>	<p>Roast Chicken, Tomato and Mayonnaise Wrap Peach Snack Cup</p> <p>Cheese & Crackers</p>
Vegetarian	<p>Penne Pasta with Napoli Sauce & Bocconcini</p> <p>Peaches with Raspberry Sauce</p>	<p>Tofu & Slaw with Asian Dressing in a Wrap</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Lentil & Vegetable Salad with Fetta and Greek Vinaigrette Red Apple</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Mexican Bean Nachos with Cheese and Smashed Avocado</p> <p>Peach Cup</p>	<p>Coconut & Lemongrass Tofu with Rice</p> <p>Pear Cup</p>	<p>Penne Pesto Pasta Kiwifruit</p> <p>Mixed Nuts</p>	<p>Tortilla Stack Red Apple</p> <p>White Chocolate Blush Cake</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
21 June · 19 July · 16 August

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>Bacon, Avocado & Fetta Sandwich Thin Toastie</p> <p>Apricots & Pears</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seed Toast with Butter and Vegemite</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Multigrain Toast with Plum Jam</p> <p>Mandarin</p>	<p>Two Eggs, Tomato and Chutney on a toasted English Multigrain Muffin</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Passionfruit Yoghurt</p> <p>Peach & Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Peanut Butter</p> <p>Orange</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>Red Apple</p>
Optional	<p>Baked Beans and Cheese on Soy & Linseed Toast</p> <p>Orange</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix)</p> <p>Red Apple</p>	<p>Apple & Cinnamon Bircher Muesli</p> <p>Peach & Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Multigrain Toast with Honey</p> <p>Peach Snack Cup</p>	<p>Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on Ciabatta Toast</p> <p>Red Apple</p>	<p>Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>Pear Cup</p>	<p>Creamy Cranberry & Apple Oats Rye Toast with Strawberry Jam</p> <p>Mandarin</p>

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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	<p>Chicken & Crunchy Corn Salad with Garlic Lemon Vinaigrette Fresh Fruit</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Spaghetti Bolognaise Orange</p> <p>Coconut, Espresso & Cashew Clusters</p>	<p>Chicken & Ham Salad with Caesar Dressing Dried Plums</p> <p>White Chocolate Blush Cake</p>	<p>Mexican Pulled Beef Nachos with Cheese and Smashed Avocado</p> <p>Cinnamon Apples</p>	<p>Seasoned Chicken & Mushroom Risotto</p> <p>Red Apple</p>	<p>Butter Chicken, Tomato, Sliced Cucumber and Raita in a Wrap</p> <p>Fruit Salad Cup</p>	<p>Sweet Soy Chicken with Rice Peach Snack Cup</p> <p>Sesame Peanuts</p>
Optional	<p>Asian Meatballs with Jasmine Rice Dried Apricots</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p>Chargrilled Chicken Burger with Parmesan, Salad and Tomato Chutney on a Grain Roll</p> <p>Peach Cup</p>	<p>Beef Satay Red Apple</p> <p>Classic Choc & Oats Bar</p>	<p>Oven Roasted Turkey, Tomato, Sliced Cucumber and Cranberry Sauce in a Wrap Orange</p> <p>Citrus & Coconut Cake</p>	<p>Corned Beef, Cheese, Baby Spinach and Mustard Relish sandwich on Multigrain</p> <p>Peach Cup</p>	<p>Pulled Texas BBQ Lamb Kiwifruit</p> <p>Pikelets with Strawberry Jam</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion on a Grain Roll</p> <p>Orange</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza Fresh Fruit</p> <p>Maple Cashew Crunch</p>	<p>Black Bean & Crunchy Slaw Salad with Zesty Dressing Cinnamon Apples</p> <p>Pikelets with Strawberry Jam</p>	<p>Curried Egg Spread and Baby Leaf sandwich on Wholemeal & Seed</p> <p>Apricots & Pears</p>	<p>Vegetarian Special Fried Rice Mandarin</p> <p>Cinnamon & Oat Bar</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>Pear Cup</p>	<p>Tomato Soup and Ciabatta Toast with Butter Red Apple</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Cheesy Veg Lasagne</p> <p>Fruit Salad Cup</p>