

Week A

Breakfast & morning snack

This menu is for delivery weeks starting
23 August · 20 September · 18 October

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Honey Muesli Flakes with skim milk* Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>Fresh Cut Fruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Rye Toast with Strawberry Jam Vanilla Yoghurt</p> <p>Peach Cup</p>	<p>Fresh Omelette (Two Eggs, Potato, Ham & Shallot Mix and Cheese) Wholemeal & Seeds Toast with Butter</p> <p>Mandarin</p>	<p>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Orange</p>	<p>Two Eggs with Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Multigrain Toast with Butter and Apricot Jam</p> <p>Kiwifruit</p>
Optional	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Apricot Jam Rhubarb & Apple Yoghurt</p> <p>Mandarin</p>	<p>Ham, two Eggs and Tomato on two slices of Wholemeal & Seeds Toast</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Rye Toast with Strawberry Jam and Plum Jam</p> <p>Peach Snack Cup</p>	<p>Apple & Raspberry Bircher Muesli Soy & Linseed Toast with Honey</p> <p>Mandarin</p>	<p>Creamy Almond & Vanilla Oats Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p> <p>Pear Cup</p>
Vegetarian	<p>Two Eggs with Sauteed Brekkie Vegetables in a Tomato Sauce on two slices of Wholemeal & Seeds Toast</p> <p>Fresh Cut Fruit</p>	<p>Creamy Almond & Vanilla Oats Two slices of Multigrain Toast with Butter and Honey</p> <p>Red Apple</p>	<p>Baked Beans with Egg and Cheese on a toasted English Multigrain Muffin with Butter</p> <p>Peaches with Raspberry Sauce</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Wholemeal & Seeds Toast with Peanut Butter and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Multigrain Toast with Plum Jam Vanilla Yoghurt</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Soy & Linseed with Butter (2) and Vegemite</p> <p>Peach & Pear Cup</p>	<p>Two Eggs, Tomato and Chutney on two slices of Wholemeal & Seeds Toast</p> <p>Orange</p>

Lunch & afternoon snack

* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)

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 Peaches with Raspberry Sauce</p> <p>Vanilla Yoghurt</p>	<p>Chargrilled Chicken Burger with Salad, Parmesan and Tasty Relish on a Grain Roll</p> <p>Fresh Fruit</p> <p>Choc Nut Bar</p>	<p>Persian Style Lamb Salad with Fetta and Creamy Tahini Dressing</p> <p>Pear Cup</p> <p>Mixed Nuts</p>	<p>Chicken, Pumpkin & Mushroom Risotto</p> <p>Red Apple</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Meatballs with Napoli Sauce on a Long Roll</p> <p>Peach Cup</p> <p>White Chocolate Blush Cake</p>	<p>Beef & Sweet Potato Hot Pot</p> <p>Fruit Salad Cup</p> <p>Almonds, Pretzels & Peanuts Cheese & Crackers</p>	<p>Spaghetti Carbonara</p> <p>Golden Raisin Mix</p> <p>Vanilla Yoghurt Chickpea Crisps & Cashews</p>
Optional	<p>Corned Beef, Cheese, Baby Spinach and Corn Relish on a Grain Roll</p> <p>Kiwifruit</p> <p>Rice Pudding with Blueberry & Apple Compote</p>	<p>Coconut Beef Curry</p> <p>Peach & Pear Cup</p> <p>Cheese & Crackers Cinnamon Oat Bar</p>	<p>Cheesy Veg Lasagne</p> <p>Red Apple</p> <p>Maple Cashew Crunch</p>	<p>Aussie Beef Burger with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Peach Cup</p> <p>Banana & Date Muffin</p>	<p>Chicken Teriyaki</p> <p>Mandarin</p> <p>Maple Cashew Crunch Cheese & Crackers</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise in a Wrap</p> <p>Red Apple</p> <p>Strawberry Yoghurt Maple Coconut Crunch with Cranberries</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion sandwich on Soy & Linseed</p> <p>Peach Snack Cup</p> <p>Classic Choc & Oats Bar</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza</p> <p>Fresh Fruit</p> <p>Choc & Nut Mix</p>	<p>Crispy Asian & Shredded Tofu Salad with Asian Dressing</p> <p>Mandarin</p> <p>Double Chocolate Cake</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Greek Salad with Bocconcini and Creamy Dressing in a Wrap</p> <p>Orange</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Mediterranean Mixed Bean Salad with Greek Vinaigrette</p> <p>Peach & Pear Cup</p> <p>Pikelets with Strawberry Jam</p>	<p>Mexican Beans with Rice and Smashed Avocado</p> <p>Kiwifruit</p> <p>Apple Crumble</p>	<p>Macaroni n' Cheese</p> <p>Orange</p> <p>Cinnamon Oat Bar Savoury Nut Mix</p>	<p>Vegetarian Special Fried Rice</p> <p>Fruit Salad Cup</p> <p>Dry Roasted Almonds Walnut & Date Cake</p>

Week B

Breakfast & morning snack

This menu is for delivery weeks starting
30 August · 27 September · 25 October

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seeds Toast with Peanut Butter and Strawberry Jam</p> <p>Fresh Cut Fruit</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Bacon, Avocado & Fetta Sandwich Thin Toastie</p> <p>Mandarin</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Wholemeal & Seeds Toast with Honey</p> <p>Strawberry Yoghurt</p> <p>Vanilla Pears</p>	<p>Breakfast Wrap (Two Eggs, Mushroom, Ham & Spinach with Cheese and BBQ Sauce)</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Ciabatta Toast with Butter (2) and Vegemite</p> <p>Red Apple</p>	<p>Two Eggs, Tomato and Chutney on a toasted English Multigrain Muffin</p> <p>Vanilla Yoghurt</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Apricot Jam</p> <p>Peach Snack Cup</p>
Optional	<p>Creamy Almond & Vanilla Oats</p> <p>Two slices of Multigrain Toast with Butter and Honey</p> <p>Peaches & Apricots</p>	<p>Apple & Cinnamon Bircher Muesli</p> <p>Soy & Linseed Toast with Strawberry Jam</p> <p>Fruit Salad Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Apricot Jam</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Ciabatta Toast with Peanut Butter</p> <p>Vanilla Yoghurt</p> <p>Peach & Pear Cup</p>	<p>Toasted English Fruit Muffin with Butter (2) and Plum Jam</p> <p>Vanilla Yoghurt</p> <p>Mandarin</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Ham, two Eggs and Tomato on two slices of Wholemeal & Seeds Toast</p> <p>Orange</p>
Vegetarian	<p>Café Style Beans with Spinach and two Eggs on two slices of Soy & Linseed Toast</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Wholemeal & Seeds Toast with Butter (2) and Vegemite</p> <p>Fresh Cut Fruit</p>	<p>Baked Beans with two slices of Cheese on two slices of Soy & Linseed Toast</p> <p>Peach Snack Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Fresh Omelette (Two Eggs, Mushroom, Spinach & Fetta Mix) on Multigrain Toast with Butter</p> <p>Fruit Salad Cup</p>	<p>Creamy Cranberry & Apple Oats</p> <p>Two slices of Wholemeal & Seeds Toast with Peanut Butter and Honey</p> <p>Mandarin</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Soy & Linseed Toast with Butter and Vegemite</p> <p>Rhubarb & Apple Yoghurt</p> <p>Red Apple</p>

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>BBQ Chicken & Ham Pizza with melted Cheese</p> <p>Fresh Fruit</p> <p>Cashews, Almonds & Walnuts</p>	<p>Warm Japanese Beef & Rice Salad with Teriyaki Sauce</p> <p>Peaches & Apricots</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Chicken & Avocado Salad with Creamy Ranch Dressing</p> <p>Kiwifruit</p> <p>Banana & Apple Bread</p> <p>Pistachio, White Chocolate & Strawberries</p>	<p>Mexican Pulled Beef with Rice and Smashed Avocado</p> <p>Red Apple</p> <p>Peanuts, Almonds & Cashews</p>	<p>Chicken in Mushroom & Leek Sauce</p> <p>Peach Cup</p> <p>Cheese & Crackers</p>	<p>Thai Coconut & Lime Chicken</p> <p>Red Apple</p> <p>Citrus & Coconut Cake</p> <p>Sesame Peanuts</p>	<p>Smoked Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Mandarin</p> <p>Apple Crumble</p>
Optional	<p>Chargrilled Lamb, Greek Salad and Creamy Cheese Dressing in a Wrap</p> <p>Orange</p> <p>Mango Yoghurt with Yoghurt Sprinkle</p>	<p>Country Vegetable & Bacon Soup with Ciabatta Toast and Butter</p> <p>Red Apple</p> <p>Savoury Nut Mix</p> <p>Choc Chip & Orange Cake</p>	<p>Tasmanian Salmon Risotto</p> <p>Orange</p> <p>Choc Nut Bar</p>	<p>Penne Pesto Pasta</p> <p>Peach Cup</p> <p>Corn Chips with Salsa Dip</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Roast Beef, Cheese, Salad and Tasty Relish on a Grain Roll</p> <p>Red Apple</p> <p>Peanuts, Almonds & Cashews</p>	<p>Ham, Cheese, Tomato and Mayonnaise sandwich on Soy & Linseed</p> <p>Peach Snack Cup</p> <p>Banana & Date Muffin</p>	<p>Beef & Peanut Fried Rice</p> <p>Fruit Salad Cup</p> <p>Cashews & Cranberries</p>
Vegetarian	<p>Vietnamese Salad with Shredded Tofu and Asian Dressing</p> <p>Fresh Fruit</p> <p>Maple Cashew Crunch</p> <p>9 Grain Crispbread with Butter and Vegemite</p>	<p>Curried Egg Spread and Baby Leaf on a Long Roll</p> <p>Peaches & Apricots</p> <p>Apple & Cranberry Muffin</p>	<p>Veggie Bites & Baby Leaf with Tahini Dressing in a Wrap</p> <p>Dried Apricots</p> <p>Classic Choc & Oats Bar</p>	<p>Lentil, Apple & Walnut Salad with Honey Mustard Dressing</p> <p>Mandarin</p> <p>Chickpea Crisps & Cashews</p>	<p>Mexican Bean Nachos with Smashed Avocado and Cheese</p> <p>Orange</p> <p>Rhubarb & Apple Yoghurt</p>	<p>Vegetarian Baked Potato Bolognese</p> <p>Peach & Pear Cup</p> <p>Choc Cranberry Trail Mix</p> <p>Cheese & Crackers</p>	<p>Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie</p> <p>Kiwifruit</p> <p>Choc Nut Bar</p>

Week C

Breakfast & morning snack

This menu is for delivery weeks starting
6 September · 4 October · 1 November

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Soy & Linseed Toast with Butter and Vegemite</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Tropical Crush</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Bacon and Egg Mayo on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Veggie Breakfast Wrap (Two Eggs, Spinach, Mushroom & Capsicum with Cheese and BBQ Sauce)</p> <p>.....</p> <p>Orange</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Honey</p> <p>.....</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Ciabatta Toast with Peanut Butter (2)</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Bacon, two Eggs and Tomato Chutney on two slices of Wholemeal & Seeds Toast</p> <p>.....</p> <p>Fresh Fruit</p>
Optional	<p>Almond Toasted Muesli with skim milk*</p> <p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Apricot Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Apple & Raspberry Bircher Muesli</p> <p>Wholemeal & Seeds Toast with Peanut Butter</p> <p>.....</p> <p>Kiwifruit</p>	<p>Creamy Cranberry & Apple Oats</p> <p>Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Multigrain Toast with Apricot Jam</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Two Eggs, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast</p> <p>.....</p> <p>Kiwifruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Ciabatta Toast with Peanut Butter</p> <p>Rhubarb & Apple Yoghurt</p> <p>.....</p> <p>Peach Cup</p>
Vegetarian	<p>Creamy Almond & Vanilla Oats</p> <p>Two slices of Wholemeal & Seeds Toast with Peanut Butter (2)</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Baked Beans with two slices of Cheese on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Honey</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>Strawberry Yoghurt</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Multigrain Toast with Butter and Plum Jam</p> <p>.....</p> <p>Orange</p>

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken, Apple & Walnut Salad with Caramelised Balsamic Dressing</p> <p>Orange</p> <p>.....</p> <p>Cheese & Crackers</p> <p>Classic Choc & Oats Bar</p>	<p>Honey Soy Chicken & Slaw in a Wrap</p> <p>Fresh Fruit</p> <p>.....</p> <p>Rhubarb & Apple Yoghurt</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Cheesy Steak Melt with Salad in a Sandwich Thin</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p>Choc Nut Bar</p>	<p>Broccoli & Chicken Pasta Bake</p> <p>Kiwifruit</p> <p>.....</p> <p>Maple Cashew Crunch</p> <p>Vanilla Yoghurt</p>	<p>Aussie Beef Burger with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Pear Cup</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Moroccan Lamb Hotpot</p> <p>Dried Plums</p> <p>.....</p> <p>Dry Roasted Almonds</p> <p>Choc Chip & Orange Cake</p>	<p>Steamed Chicken with Ginger & Shallot</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Savoury Nut Mix</p>
Optional	<p>Ham, Salad and Mustard Relish on a Grain Roll</p> <p>Pear Cup</p> <p>.....</p> <p>Strawberry Yoghurt with Yoghurt Sprinkle</p>	<p>Sesame & Ginger Pork</p> <p>Fresh Fruit</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Hokkien Stir Fry Noodles</p> <p>Orange</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p> <p>Dry Roasted Almonds</p>	<p>Corned Beef, Tomato and Mustard Relish sandwich on Multigrain</p> <p>Pear Cup</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Sunshine Fruit Mix</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>Chicken, Coconut & Lemongrass Soup with Ciabatta Toast and Butter</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Roast Beef, Tomato and Caramelised Onion on a Grain Roll</p> <p>Kiwifruit</p> <p>.....</p> <p>Choc Nut Bar</p>
Vegetarian	<p>Margherita Pizza with Bocconcini</p> <p>Fresh Fruit</p> <p>.....</p> <p>Coconut, Espresso & Cashew Clusters</p> <p>Choc Chip & Orange Cake</p>	<p>Egg & Avocado Salad with Honey Mustard Dressing</p> <p>Tropical Crush</p> <p>.....</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Persian Style Chickpea & Cranberry Salad with Creamy Tahini Dressing</p> <p>Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p>Strawberry Yoghurt with Yoghurt Sprinkle</p>	<p>Teriyaki Vegetables with Rice</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Tortilla Stack</p> <p>Orange</p> <p>.....</p> <p>Citrus & Coconut Cake</p> <p>Chickpea Crisps & Cashews</p>	<p>Cheese, Tomato, Cucumber and Mustard Relish sandwich on Multigrain</p> <p>Red Apple</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Cheesy Mushroom & Semi Dried Tomato Penne</p> <p>Pear Cup</p> <p>.....</p> <p>Raspberry & Apple Crumble</p>

Week D

Breakfast & morning snack

This menu is for delivery weeks starting
13 September · 11 October · 8 November

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Two Eggs, Cherry Tomatoes, Avo & Fetta on two slices of Ciabatta Toast</p> <p>.....</p> <p>Pear Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Wholemeal & Seeds Toast with Apricot Jam</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Peanut Butter and Strawberry Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Bacon, two Eggs and Tomato on two slices of Multigrain Toast</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seeds Toast with Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>
Optional	<p>Ham, Egg, Cheese and Tomato on two slices of Wholemeal & Seeds Toast</p> <p>.....</p> <p>Peach Cup</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs with Sauteed Brekkie Vegetables in a Tomato Sauce on two slices of Ciabatta Toast</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Creamy Almond & Vanilla Oats</p> <p>Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p> <p>.....</p> <p>Pear Cup</p>	<p>Two Eggs, Smashed Avocado and Fetta on two slices of Ciabatta Toast</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Soy & Linseed Toast with Butter and Honey</p> <p>Mango Yoghurt</p> <p>.....</p> <p>Orange</p>	<p>Creamy Cranberry & Apple Oats</p> <p>Two slices of Ciabatta Toast with Peanut Butter (2)</p> <p>.....</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Fresh Omelette (Two Eggs, Roasted Vegetables and Cheese) on two slices of Ciabatta Toast with Butter</p> <p>.....</p> <p>Orange</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Apricot Jam (2)</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Two Eggs, Baby Spinach and Fetta on two slices of Ciabatta Toast</p> <p>.....</p> <p>Kiwifruit</p>	<p>Baked Beans with two slices of Cheese on two slices of Multigrain Toast</p> <p>.....</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Two Eggs, Tomato and Smashed Avocado on two slices of Soy & Linseed Toast</p> <p>.....</p> <p>Fresh Fruit</p>

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Mexican Pulled Chicken Nachos with Smashed Avocado and Cheese</p> <p>Fresh Fruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>Roast Pork and Apple Slaw with Caramelised Balsamic & Apple Dressing in a Wrap</p> <p>Apricots & Pears</p> <p>.....</p> <p>Dry Roasted Almonds</p>	<p>Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing</p> <p>Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p> <p>.....</p> <p>Citrus & Coconut Cake</p>	<p>Chicken & Crispy Noodle Salad with Sesame Soy Dressing</p> <p>Orange</p> <p>.....</p> <p>Classic Choc & Oats Bar</p> <p>Apple & Cranberry Muffin</p>	<p>Asian Meatballs with Jasmine Rice</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Raspberry & Apple Crumble</p>	<p>Roast Chicken Penne</p> <p>Red Apple</p> <p>.....</p> <p>Double Chocolate Cake</p> <p>Corn Chips with Salsa Dip</p>	<p>Pulled Texas BBQ Lamb</p> <p>Orange</p> <p>.....</p> <p>Choc & Nut Mix</p>
Optional	<p>Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>Red Apple</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>Aromatic Chicken Curry</p> <p>Tropical Fruit in Yoghurt</p> <p>.....</p> <p>White Chocolate Blush Cake</p>	<p>Koftas in Spiced Tomato Sauce</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Choc Nut Bar</p>	<p>Ham, Cheese, Salad and Tomato Jam on a Grain Roll</p> <p>Sunshine Fruit Mix</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Smoked Chicken, Tomato and Mayonnaise on a Long Roll</p> <p>Orange</p> <p>.....</p> <p>Strawberry Yoghurt with Yoghurt Sprinkle</p>	<p>Roast Beef, Cheese, Tomato and Fruit Chutney sandwich on Wholemeal & Seeds</p> <p>Dried Plums</p> <p>.....</p> <p>Savoury Nut Mix</p>	<p>Roast Chicken Tender, Tomato and Mayonnaise in a Wrap</p> <p>Kiwifruit</p> <p>.....</p> <p>Walnut & Date Cake</p> <p>Cheese & Crackers</p>
Vegetarian	<p>Tofu & Slaw with Asian Dressing in a Wrap</p> <p>Apricots & Pears</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing</p> <p>Kiwifruit</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Roasted Vegetables with Napoli Sauce and Boccconcini in a Long Roll</p> <p>Red Apple</p> <p>.....</p> <p>Pistachio, White Chocolate & Strawberries</p>	<p>Coconut & Lemongrass Tofu with Rice</p> <p>Peach Cup</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Banana & Date Muffin</p>	<p>Minestrone Soup with Ciabatta Toast and Butter</p> <p>Fresh Fruit</p> <p>.....</p> <p>White Chocolate Blush Cake</p> <p>Mixed Nuts</p>	<p>Vegetable & Cashew Curry with Turmeric Rice</p> <p>Golden Raisin Mix</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>