

Week A

Breakfast & morning snack

This menu is for delivery weeks starting
15 November · 13 December · 10 January · 7 February

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Two Eggs, Baby Spinach and Fetta on Ciabatta Toast</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Wholemeal & Seeds Toast with Honey</p> <p>Fresh Fruit</p>	<p>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce) on Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Honey Muesli Flakes with skim milk* Multigrain Toast with Butter and Vegemite</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Mixed Berry Yoghurt</p> <p>Peach & Pear Cup</p>	<p>Ham, Egg and Tomato on Soy & Linseed Toast</p> <p>Peach Cup</p>
Optional	<p>Nut Cluster Crunch with skim milk* Wholemeal & Seeds Toast with Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix)</p> <p>Red Apple</p>	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>Peach Snack Cup</p>	<p>Apple & Raspberry Bircher Muesli</p> <p>Peach Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Vanilla Yoghurt</p> <p>Red Apple</p>	<p>Bacon, Tomato and Smashed Avocado on a toasted English Multigrain Muffin</p> <p>Orange</p>	<p>Toasted English Fruit Muffin with Butter (2) and Plum Jam</p> <p>Red Apple</p>
Vegetarian	<p>Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>Peaches with Raspberry Sauce</p>	<p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Plum Jam</p> <p>Orange</p>	<p>Fresh Omelette (Two Eggs, Mushroom, Spinach & Fetta Mix) on Ciabatta Toast</p> <p>Red Apple</p>	<p>Egg, Cheese, Baby Spinach and Tomato Chutney Sandwich Thin Toastie</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Ciabatta Toast with Peanut Butter</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 Salad with Garlic Lemon Vinaigrette Red Apple</p> <p>Dry Roasted Almonds</p>	<p>Sticky BBQ Meatballs with Mixed Vegetable Rice</p> <p>Fresh Fruit</p>	<p>Mexican Pulled Beef Nachos with Smashed Avocado and Cheese</p> <p>Peaches with Raspberry Sauce</p>	<p>Chicken & Mediterranean Salad with Fetta and Italian Dressing Peach Snack Cup</p> <p>Cheese & Crackers</p>	<p>Roast Chicken, Salad and Mild Chipotle Mayonnaise in a Wrap Red Apple</p> <p>Chickpea Crisps & Cashews</p>	<p>Roast Chicken & Gravy Orange</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Spaghetti Bolognese Red Apple</p> <p>Cinnamon Oat Bar</p>
Optional	<p>Corned Beef, Tomato and Corn Relish sandwich on Soy & Linseed</p> <p>Fruit Salad Cup</p>	<p>Roast Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on Multigrain Red Apple</p> <p>Mango Yoghurt</p>	<p>Tomato Soup with Ciabatta Toast and Butter Red Apple</p> <p>White Chocolate Blush Cake</p>	<p>Tasmanian Salmon Risotto Orange</p> <p>Choc Cranberry Trail Mix</p>	<p>Moroccan Lamb Hotpot Pear Cup</p> <p>Citrus & Coconut Cake</p>	<p>Ham, Cheese and Tomato sandwich on Wholemeal & Seeds</p> <p>Dried Apricots</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap Orange</p> <p>Mixed Berry Yoghurt</p>
Vegetarian	<p>Italian Roasted Vegetable Pizza with Bocconcini</p> <p>Fresh Fruit</p>	<p>Egg & Avocado Salad with Honey Mustard Dressing Fresh Cut Fruit</p> <p>Choc Cranberry Trail Mix</p>	<p>Mixed Bean, Broccoli & Turmeric Rice Salad with Zesty Dressing</p> <p>Pear Cup</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>Red Apple</p>	<p>Vegetarian Baked Potato Bolognese Orange</p> <p>Cheese & Crackers</p>	<p>Tortilla Stack Fruit Salad Cup</p> <p>Passionfruit Yoghurt</p>	<p>Teriyaki Vegetables with Rice</p> <p>Peach Cup</p>

Week B

Breakfast & morning snack

This menu is for delivery weeks starting
22 November · 20 December · 17 January · 14 February

	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>.....</p> <p>Fresh Cut Fruit</p>	<p>Honey Muesli Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Bacon, Egg and Tomato on Multigrain Toast</p> <p>.....</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Egg, Smashed Avocado, Fetta and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Honey</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p>Maple, Pear & Walnut Bircher Muesli</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Butter and Vegemite</p> <p>.....</p> <p>Red Apple</p>	<p>Bacon & Zucchini Bread with Egg and Tomato Chutney</p> <p>.....</p> <p>Pear Cup</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk* Passionfruit Yoghurt</p> <p>.....</p> <p>Orange</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Ciabatta Toast with Peanut Butter</p> <p>.....</p> <p>Red Apple</p>	<p>Ham, Egg and Tomato on Wholemeal & Seeds Toast</p> <p>.....</p> <p>Red Apple</p>
Vegetarian	<p>Nut Cluster Crunch with skim milk* Wholemeal & Seeds Toast with Honey</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs with Tomato Bruschetta on Ciabatta Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Baked Beans and Cheese on Multigrain Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs, Fetta and Baby Spinach on Ciabatta Toast</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* Mango Yoghurt</p> <p>.....</p> <p>Pear Cup</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>Warm Moroccan Chicken & Cous Cous Salad with Yoghurt Dressing</p> <p>.....</p> <p>Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p>	<p>Mediterranean Chicken Pizza with melted Cheese Fresh Fruit</p> <p>.....</p> <p>Citrus & Coconut Cake</p>	<p>Chicken & Ham Salad with Caesar Dressing Orange</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Oriental Beef & Noodles Sunshine Fruit Mix</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Aussie Beef Burger with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>.....</p> <p>Pear Cup</p>	<p>Sesame & Ginger Pork</p> <p>.....</p> <p>Red Apple</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap Red Apple</p> <p>.....</p> <p>Mixed Berry Yoghurt</p>
Optional	<p>Flame Grilled Meatballs with Mash</p> <p>.....</p> <p>Peach Cup</p>	<p>Ham, Cheese, Tomato and Mayonnaise sandwich on Multigrain</p> <p>.....</p> <p>Orange</p>	<p>Corned Beef, Cheese, Baby Spinach and Corn Relish on a Grain Roll Red Apple</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p>Hawaiian Chicken & Salad in a Wrap</p> <p>.....</p> <p>Orange</p>	<p>Chicken, Coconut & Lemongrass Soup with Ciabatta Toast and Butter Red Apple</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>Creamy Chicken & Pesto Penne Dried Plums</p> <p>.....</p> <p>Sesame Peanuts</p>	<p>Roast Beef, Cucumber and Mustard Relish on a Grain Roll Peach Snack Cup</p> <p>.....</p> <p>Cheese & Crackers</p>
Vegetarian	<p>Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Black Bean & Crunchy Slaw Salad with Zesty Dressing</p> <p>.....</p> <p>Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p>	<p>Zucchini & Corn Dumplings with Warm Asian Salad and Dressing</p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Mexican Beans with Rice and Smashed Avocado</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Vegetarian Spaghetti Bolognese</p> <p>.....</p> <p>Golden Raisin Mix</p>	<p>Cheese, Tomato, Cucumber and Mustard Relish sandwich on Multigrain</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Vegetable & Cashew Curry with Turmeric Rice Orange</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>

Week C

Breakfast & morning snack

This menu is for delivery weeks starting
29 November · 27 December · 24 January · 21 February

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Butter and Vegemite</p> <p>Fresh Cut Fruit</p>	<p>Breakfast Wrap (Egg, Mushroom, Ham & Spinach with BBQ Sauce)</p> <p>Fresh Fruit</p>	<p>Fresh Omelette (Two Eggs, Ham & Tomato Mix and Cheese)</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Ciabatta Toast with Peanut Butter</p> <p>Peach Snack Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Vanilla Yoghurt</p> <p>Orange</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seeds Toast with Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Two Eggs, Smashed Avocado and Tomato on Multigrain Toast</p> <p>Red Apple</p>
Optional	<p>Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Plum Jam</p> <p>Red Apple</p>	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Rye Toast with Plum Jam</p> <p>Red Apple</p>	<p>Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on Ciabatta Toast</p> <p>Peach & Pear Cup</p>	<p>Bacon, Egg and Tomato Chutney on Multigrain Toast</p> <p>Fruit Salad Cup</p>	<p>Nut Cluster Crunch with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>Orange</p>
Vegetarian	<p>Café Style Beans with Spinach and Egg on Wholemeal & Seeds Toast</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Vanilla Yoghurt</p> <p>Fresh Fruit</p>	<p>Nut Cluster Crunch with skim milk* Soy & Linseed Toast with Honey</p> <p>Peach Snack Cup</p>	<p>Egg with Sauteed Brekkie Vegetables in Tomato Sauce on Wholemeal & Seeds Toast</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Peanut Butter</p> <p>Red Apple</p>	<p>Egg, Fetta and Smashed Avocado on Soy & Linseed Toast</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Mixed Berry Yoghurt</p> <p>Peach & Pear Cup</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>Roast Chicken Salad with Honey Mustard Dressing</p> <p>Fresh Fruit</p>	<p>Southern Style Chicken Tenders with Slaw and Creamy Ranch Dressing</p> <p>Orange</p>	<p>Creamy Chicken & Risoni Peaches & Apricots</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Warm Sweet Chilli Beef with Pineapple Rice</p> <p>Red Apple</p>	<p>Baked Potato Bolognese Pear Cup</p> <p>White Chocolate Blush Cake</p>	<p>Roast Turkey, Tomato, Cucumber and Cranberry Sauce in a Wrap Red Apple</p> <p>Mango Yoghurt</p>	<p>Moroccan Chicken with Pilaf Rice Dried Apricots</p> <p>Dry Roasted Almonds</p>
Optional	<p>Cheesy Mushroom & Semi Dried Tomato Penne Peach & Pear Cup</p> <p>Choc Chip & Orange Cake</p>	<p>Mexican Pulled Beef with Rice and Smashed Avocado</p> <p>Fruit Salad Cup</p>	<p>Chargrilled Lamb, Greek Salad and Creamy Dressing in a Wrap</p> <p>Red Apple</p>	<p>Ham, Cheese and Tomato sandwich on Soy & Linseed</p> <p>Dried Plums</p>	<p>Roast Chicken, Cucumber and Mayonnaise on a Long Roll</p> <p>Fruit Salad Cup</p>	<p>Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie Red Apple</p> <p>Cinnamon Oat Bar</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion on a Grain Roll</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Shredded Tofu, Quinoa & Cranberry Slaw with Lemon Vinaigrette</p> <p>Fresh Cut Fruit</p>	<p>Curried Egg Spread and Salad sandwich on Wholemeal & Seeds</p> <p>Fresh Fruit</p>	<p>Mediterranean Mixed Bean Salad with Greek Vinaigrette Orange</p> <p>Mixed Berry Yoghurt</p>	<p>Vegetarian Special Fried Rice Fruit Salad Cup</p> <p>Corn Chips with Salsa Dip</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>Sunshine Fruit Mix</p>	<p>Penne Pesto Pasta Pear Cup</p> <p>Chickpea Crisps & Cashews</p>	<p>Roasted Vegetable & Polenta Pasta Bake</p> <p>Red Apple</p>

Week D

Breakfast & morning snack

This menu is for delivery weeks starting
6 December · 3 January · 31 January · 28 February

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Maple, Pear & Wheat Flakes with skim milk* Soy & Linseed Toast with Honey</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Bacon and Egg Mayo on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Fruity Almond Crunch with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p>Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Peanut Butter</p> <p>.....</p> <p>Orange</p>	<p>Ham, Cheese and Tomato on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Pear Cup</p>	<p>Honey Muesli Flakes with skim milk* Mango Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>
Optional	<p>Egg, Cherry Tomatoes, Avo & Fetta on Ciabatta Toast</p> <p>.....</p> <p>Peach Cup</p>	<p>Apple & Cinnamon Bircher Muesli</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Ciabatta Toast with Butter and Vegemite</p> <p>.....</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Almond Toasted Muesli with skim milk* Mixed Berry Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seeds Toast with Honey</p> <p>.....</p> <p>Orange</p>
Vegetarian	<p>Baked Beans and Cheese on Multigrain Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Fruity Almond Crunch with skim milk* Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>.....</p> <p>Orange</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Egg, Cheese, Baby Spinach and Tomato Chutney Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Two Eggs and Tomato on Soy & Linseed Toast</p> <p>.....</p> <p>Pear Cup</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 & Crunchy Corn Salad with Garlic Lemon Vinaigrette Vanilla Pears</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p>Chargrilled Rissoles with Sweet Slaw and Creamy Cheese Dressing in a Wrap</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Lemongrass Chicken Bites with Salad, Roasted Peanuts and Vietnamese Dressing Apricots & Pears</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>Chicken Fajita Bowl</p> <p>.....</p> <p>Orange</p>	<p>Chargrilled Chicken Burger with Baby Spinach, Tomato, Parmesan and Tomato Chutney on a Grain Roll</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Coconut Beef Curry</p> <p>.....</p> <p>Red Apple</p>	<p>Chicken Cacciatore & Polenta Pasta Bake</p> <p>.....</p> <p>Red Apple</p>
Optional	<p>Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>.....</p> <p>Red Apple</p>	<p>Aromatic Chicken Curry</p> <p>.....</p> <p>Red Apple</p>	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll</p> <p>.....</p> <p>Peach Cup</p>	<p>Roast Beef, Cheese, Tomato and Fruit Chutney sandwich on Multigrain</p> <p>.....</p> <p>Dried Apricots</p>	<p>Spaghetti Carbonara</p> <p>.....</p> <p>Red Apple</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Ham, Cheese, Tomato and Mayonnaise on a Grain Roll</p> <p>.....</p> <p>Sunshine Fruit Mix</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Chickpea, Sweet Potato & Fetta Salad with Creamy Tahini Dressing</p> <p>.....</p> <p>Red Apple</p>	<p>Crispy Greens Salad with Egg and Lemon Vinaigrette</p> <p>.....</p> <p>Vanilla Pears</p>	<p>Veggie Bites & Baby Leaf with Creamy Tahini Dressing in a Turmeric & Coconut Wrap</p> <p>.....</p> <p>Orange</p>	<p>Mexican Bean Nachos with Smashed Avocado and Cheese</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Cheesy Veg Lasagne</p> <p>.....</p> <p>Red Apple</p>	<p>Thai Coconut & Lime Tofu</p> <p>.....</p> <p>Peach Snack Cup</p>