

# 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 two slices of <b>Ciabatta Toast</b> with Butter (2)</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Honey</p> <p>Fresh Fruit</p>	<p>Eggs Benedict (Two Eggs, <b>Bacon</b>, Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>Fruit Salad Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam</p> <p>Red Apple</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Multigrain Toast</b> with Peanut Butter Mixed Berry Yoghurt</p> <p>Peach &amp; Pear Cup</p>	<p>Two Eggs, Ham and Tomato on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>Peach Snack Cup</p>
Optional	<p>Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix) on two slices of <b>Ciabatta Toast</b> with Butter</p> <p>Red Apple</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Tomato Bruschetta with Cream Cheese on two slices of <b>Ciabatta Toast</b></p> <p>Peach Snack Cup</p>	<p>Apple &amp; Raspberry Bircher Muesli <b>Soy &amp; Linseed Toast</b> with Strawberry Jam</p> <p>Peach Cup</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* <b>Rye Toast</b> with Plum Jam Vanilla Yoghurt</p> <p>Red Apple</p>	<p>Two Eggs, <b>Bacon</b>, Tomato and Smashed Avocado on a toasted <b>English Multigrain Muffin</b></p> <p>Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Toasted <b>English Fruit Muffin</b> with Butter (2) and Plum Jam</p> <p>Red Apple</p>
Vegetarian	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Multigrain Toast</b> with Butter and Vegemite Vanilla Yoghurt Peaches with Raspberry Sauce</p>	<p>Baked Beans with two slices of Cheese on a toasted <b>English Multigrain Muffin</b> with Butter</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Two slices of <b>Multigrain Toast</b> with Butter and Plum Jam</p> <p>Orange</p>	<p>Fresh Omelette (Two Eggs, Mushroom, Spinach &amp; Fetta Mix) on two slices of <b>Ciabatta Toast</b> with Butter (2)</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Egg, Cheese, Baby Spinach and Tomato Chutney <b>Sandwich Thin Toastie</b></p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Two slices of <b>Ciabatta Toast</b> with Peanut Butter (2)</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](http://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>Citrus &amp; Coconut Cake Dry Roasted Almonds</p>	<p><b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b> Fresh Fruit</p> <p>Pistachio, White Chocolate &amp; Strawberries</p>	<p>Mexican Pulled Beef Nachos with Smashed Avocado and Cheese Peaches with Raspberry Sauce</p> <p>Mango Yoghurt</p>	<p>Chicken &amp; Mediterranean Salad with Fetta and Italian Dressing Peach Snack Cup</p> <p>Pikelets with Strawberry Jam Cheese &amp; Crackers</p>	<p>Roast Chicken, Salad and Mild Chipotle Mayonnaise in a Wrap Red Apple</p> <p>Choc Nut Bar</p>	<p><b>Roast Chicken &amp; Gravy</b> Orange</p> <p>Banana &amp; Date Muffin Roasted Maple Walnuts &amp; Cashews</p>	<p><b>Spaghetti Bolognese</b> Red Apple</p> <p>Almonds, Pretzels &amp; Peanuts</p>
Optional	<p>Corned Beef, Tomato and Corn Relish sandwich on <b>Soy &amp; Linseed</b> Fruit Salad Cup</p> <p>Peanuts, Almonds &amp; Cashews</p>	<p>Roast Chicken, Tomato, Baby Spinach and Mayonnaise sandwich on <b>Multigrain</b> Red Apple</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Tomato Soup</b> with <b>Ciabatta Toast</b> and Butter Red Apple</p> <p>White Chocolate Blush Cake Cheese &amp; Crackers</p>	<p><b>Tasmanian Salmon Risotto</b> Orange</p> <p>Choc &amp; Nut Mix</p>	<p><b>Moroccan Lamb Hotpot</b> Pear Cup</p> <p>Vanilla Yoghurt Maple Cashew Crunch</p>	<p>Ham, Cheese and Tomato sandwich on <b>Wholemeal &amp; Seeds</b> Dried Apricots</p> <p>Classic Choc &amp; Oats Bar</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap Orange</p> <p>Mixed Berry Yoghurt Maple Cashew Crunch</p>
Vegetarian	<p>Italian Roasted Vegetable Pizza with Boccconcini Fresh Fruit</p> <p>Classic Choc &amp; Oats Bar</p>	<p>Egg &amp; Avocado Salad with Honey Mustard Dressing Fresh Cut Fruit</p> <p>Corn Chips with Salsa Dip Choc Cranberry Trail Mix</p>	<p>Mixed Bean, Broccoli &amp; Turmeric Rice Salad with Zesty Dressing Pear Cup</p> <p>Double Chocolate Cake</p>	<p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b> Red Apple</p> <p>Rice Pudding with Blueberry &amp; Apple Compote</p>	<p><b>Vegetarian Baked Potato Bolognese</b> Orange</p> <p>Choc &amp; Nut Mix</p>	<p><b>Tortilla Stack</b> Fruit Salad Cup</p> <p>Passionfruit Yoghurt Almonds, Pretzels &amp; Peanuts</p>	<p><b>Teriyaki Vegetables with Rice</b> Peach Cup</p> <p>Pikelets with Strawberry Jam</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>Fruity Almond Crunch with skim milk* Ham, Egg &amp; Cheese Melt in a <b>Sandwich Thin</b></p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Rye Toast</b> with Strawberry Jam (2)</p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Ciabatta Toast</b> with Peanut Butter Vanilla Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Two Eggs, <b>Bacon</b> and Tomato on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Egg, Fetta, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Two slices of <b>Multigrain Toast</b> with Butter and Honey</p> <p>.....</p> <p>Peach Snack Cup</p>
Optional	<p>Maple, Pear &amp; Walnut Bircher Muesli <b>Multigrain Toast</b> with Apricot Jam</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Almond Toasted Muesli with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* <b>Bacon &amp; Zucchini Bread</b> with Egg and Tomato Chutney</p> <p>.....</p> <p>Pear Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk* <b>Rye Toast</b> with Plum Jam Passionfruit Yoghurt</p> <p>.....</p> <p>Orange</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Ciabatta Toast</b> with Peanut Butter (2)</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs, Ham and Tomato on two slices of <b>Wholemeal &amp; Seeds Toast</b></p> <p>.....</p> <p>Red Apple</p>
Vegetarian	<p>Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seeds Toast</b> with Honey Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs with Tomato Bruschetta on two slices of <b>Ciabatta Toast</b> with Butter</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Egg, Baked Beans and Cheese on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs, Fetta and Baby Spinach on two slices of <b>Ciabatta Toast</b> with Butter (2)</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* Two slices of <b>Rye Toast</b> with Strawberry Jam (2)</p> <p>.....</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Peanut Butter Mango Yoghurt</p> <p>.....</p> <p>Pear Cup</p>

## Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Warm Moroccan <b>Chicken &amp; Cous Cous</b> Salad with Yoghurt Dressing Tropical Fruit in Yoghurt with Cranberries &amp; Toasted Coconut</p> <p>.....</p> <p><b>Double Chocolate Cake</b></p>	<p>Mediterranean Chicken Pizza with melted Cheese <b>Fresh Fruit</b></p> <p>.....</p> <p>Choc &amp; Nut Mix</p>	<p>Chicken &amp; Ham Salad with Caesar Dressing Orange</p> <p>.....</p> <p><b>Banana &amp; Date Muffin</b></p> <p>Choc Hazelnut &amp; Fruit Mix</p>	<p><b>Oriental Beef &amp; Noodles</b> Sunshine Fruit Mix</p> <p>.....</p> <p>Cheese &amp; Crackers Chickpea Crisps &amp; Cashews</p>	<p><b>Aussie Beef Burger</b> with Tomato, Beetroot, Baby Spinach and Tomato Sauce on a <b>Grain Roll</b> Pear Cup</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Sesame &amp; Ginger Pork</b> Red Apple</p> <p>.....</p> <p>Savoury Nut Mix</p>	<p>Roast Chicken, Tomato and Smashed Avocado in a Wrap Red Apple</p> <p>.....</p> <p>Mixed Berry Yoghurt Maple Coconut Crunch with Cranberries</p>
Optional	<p><b>Flame Grilled Meatballs with Mash</b> Peach Cup</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p>Ham, Cheese, Tomato and Mayonnaise sandwich on <b>Multigrain</b> Orange</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</p>	<p>Corned Beef, Cheese, Baby Spinach and Corn Relish on a <b>Grain Roll</b> Red Apple</p> <p>.....</p> <p>Choc Nut Bar</p>	<p><b>Hawaiian Chicken &amp; Salad</b> in a Wrap Orange</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Chicken, Coconut &amp; Lemongrass Soup</b> with <b>Ciabatta Toast</b> and Butter Red Apple</p> <p>.....</p> <p><b>Banana &amp; Apple Bread</b> Peanuts, Almonds &amp; Cashews</p>	<p><b>Creamy Chicken &amp; Pesto Penne</b> Dried Plums</p> <p>.....</p> <p>Cinnamon Oat Bar Sesame Peanuts</p>	<p>Roast Beef, Cucumber and Mustard Relish on a <b>Grain Roll</b> Peach Cup</p> <p>.....</p> <p>Cheese &amp; Crackers</p>
Vegetarian	<p>Egg &amp; Spinach, Tomato and Creamy Ranch Dressing in a Wrap <b>Fresh Fruit</b></p> <p>.....</p> <p>Sesame Peanuts</p>	<p>Black Bean &amp; Crunchy Slaw Salad with Zesty Dressing Tropical Fruit in Yoghurt with Cranberries &amp; Toasted Coconut</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p>Zucchini &amp; Corn Dumplings with Warm Asian Salad and Dressing Sweet Pineapple Bites with Passionfruit</p> <p>.....</p> <p><b>Citrus &amp; Coconut Cake</b></p>	<p>Mexican Beans with Rice and Smashed Avocado Fruit Salad Cup</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</p>	<p><b>Vegetarian Spaghetti Bolognese</b> Golden Raisin Mix</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Cheese, Tomato, Cucumber and Mustard Relish sandwich on <b>Multigrain</b> Peach &amp; Pear Cup</p> <p>.....</p> <p><b>White Chocolate Blush Cake</b></p>	<p><b>Vegetable &amp; Cashew Curry with Turmeric Rice</b> Orange</p> <p>.....</p> <p>9 Grain Crispbread with Butter and Vegemite 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><b>Fruity Almond Crunch</b> with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p><b>Breakfast Wrap</b> (Two Eggs, Mushroom, Ham &amp; Spinach with Cheese and BBQ Sauce)</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>Fresh Omelette</b> (Two Eggs, Ham &amp; Tomato Mix with Cheese) on <b>Wholemeal &amp; Seeds Toast</b> with Butter</p> <p>.....</p> <p>Red Apple</p>	<p><b>Honey Muesli Flakes</b> with skim milk* Two slices of <b>Ciabatta Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>Maple, Pear &amp; Wheat Flakes</b> with skim milk* <b>Soy &amp; Linseed Toast</b> with Apricot Jam Vanilla Yoghurt</p> <p>.....</p> <p>Orange</p>	<p><b>Apple, Cranberry &amp; Bran Flakes</b> with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Strawberry Jam (2)</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>Two Eggs, Tomato and Smashed Avocado</b> on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Red Apple</p>
Optional	<p><b>Honey Muesli Flakes</b> with skim milk* Toasted <b>English Fruit Muffin</b> with Butter (2) and Strawberry Jam</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>Almond Toasted Muesli</b> with skim milk* Two slices of <b>Multigrain Toast</b> with Plum Jam (2)</p> <p>.....</p> <p>Red Apple</p>	<p><b>Tomato Bruschetta</b> with Cream Cheese on two slices of <b>Ciabatta Toast</b> Vanilla Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>Apple, Cranberry &amp; Bran Flakes</b> with skim milk* Two slices of <b>Rye Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Red Apple</p>	<p><b>Eggs Florentine</b> (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p><b>Two Eggs, Bacon and Tomato Chutney</b> on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Fruit Salad Cup</p>	<p><b>Nut Cluster Crunch</b> with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Orange</p>
Vegetarian	<p><b>Café Style Beans</b> with Spinach and two Eggs on two slices of <b>Wholemeal &amp; Seeds Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>Maple, Pear &amp; Wheat Flakes</b> with skim milk* <b>Rye Toast</b> with Plum Jam Vanilla Yoghurt</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>Nut Cluster Crunch</b> with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Honey</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>Two Eggs with Sauteed Brekkie</b> Vegetables in Tomato Sauce on two slices of <b>Wholemeal &amp; Seeds Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>Fruity Almond Crunch</b> with skim milk* Two slices of <b>Multigrain Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Red Apple</p>	<p><b>Two Eggs, Fetta and Smashed Avocado</b> on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>.....</p> <p>Orange</p>	<p><b>Almond Toasted Muesli</b> with skim milk* <b>Ciabatta Toast</b> with Peanut Butter Mixed Berry Yoghurt</p> <p>.....</p> <p>Peach &amp; Pear Cup</p>

## Lunch & afternoon snack

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

## Lunch & afternoon snack

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

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken &amp; Crunchy Corn Salad with Garlic Lemon Vinaigrette Vanilla Pears</p> <p>Cheese &amp; Crackers</p>	<p><b>Chargrilled Rissoles</b> with Sweet Slaw and Creamy Cheese Dressing in a Wrap <b>Fresh Cut Fruit</b></p> <p><b>Apple Crumble</b></p>	<p><b>Lemongrass Chicken Bites</b> with Salad, Roasted Peanuts and Vietnamese Dressing Apricots &amp; Pears</p> <p><b>Banana &amp; Apple Bread</b> Choc Cranberry Trail Mix</p>	<p><b>Chicken Fajita Bowl</b> Orange</p> <p>Choc &amp; Nut Mix</p>	<p><b>Chargrilled Chicken Burger</b> with Baby Spinach, Tomato, Parmesan and Tomato Chutney on a <b>Grain Roll</b> Peach &amp; Pear Cup</p> <p>Maple Cashew Crunch</p>	<p><b>Coconut Beef Curry</b> Red Apple</p> <p><b>Choc Chip &amp; Orange Cake</b> Mixed Nuts</p>	<p><b>Chicken Cacciatore &amp; Polenta Pasta Bake</b> Red Apple</p> <p>Classic Choc &amp; Oats Bar</p>
Optional	<p>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette Red Apple</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Aromatic Chicken Curry</b> Red Apple</p> <p><b>Walnut &amp; Date Cake</b> Savoury Nut Mix</p>	<p><b>Aussie Beef Burger</b> with Salad and Tomato Sauce on a <b>Grain Roll</b> Peach Cup</p> <p>Roasted Maple Walnuts &amp; Cashews</p>	<p>Roast Beef, Cheese, Tomato and Fruit Chutney sandwich on <b>Multigrain</b> Dried Apricots</p> <p>Mixed Berry Yoghurt</p>	<p><b>Spaghetti Carbonara</b> Red Apple</p> <p><b>Double Chocolate Cake</b> Mixed Nuts</p>	<p>Roast Chicken, Tomato and Mayonnaise in a Wrap Peach Snack Cup</p> <p>Cheese &amp; Crackers</p>	<p>Ham, Cheese, Tomato and Mayonnaise on a <b>Grain Roll</b> Sunshine Fruit Mix</p> <p>Corn Chips with Salsa Dip</p>
Vegetarian	<p>Roasted Pumpkin, Spinach &amp; Fetta Pizza <b>Fresh Fruit</b></p> <p>Cashews, Almonds &amp; Walnuts</p>	<p>Chickpea, Sweet Potato &amp; Fetta Salad with Creamy Tahini Dressing Red Apple</p> <p>Vanilla Yoghurt Coconut, Espresso &amp; Cashew Clusters</p>	<p>Crispy Greens Salad with Egg and Lemon Vinaigrette Vanilla Pears</p> <p>Cheese &amp; Crackers</p>	<p>Veggie Bites &amp; Baby Leaf with Creamy Tahini Dressing in a Turmeric &amp; Coconut Wrap Orange</p> <p>Savoury Nut Mix</p>	<p>Mexican Bean Nachos with Smashed Avocado and Cheese Peach Snack Cup</p> <p><b>Banana &amp; Apple Bread</b></p>	<p><b>Cheesy Veg Lasagne</b> Red Apple</p> <p><b>Raspberry &amp; Apple Crumble</b></p>	<p><b>Thai Coconut &amp; Lime Tofu</b> Peach Snack Cup</p> <p>Passionfruit Yoghurt Pistachio, White Chocolate &amp; Strawberries</p>