

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 Ciabatta Toast with Butter (2)</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Wholemeal & Seeds Toast with Butter and Honey</p> <p>Fresh Fruit</p>	<p>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Multigrain Toast with Butter (2) and Vegemite</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Wholemeal & Seeds Toast with Butter and Apricot Jam</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Peanut Butter Mixed Berry Yoghurt</p> <p>Peach & Pear Cup</p>	<p>Two Eggs, Ham and Tomato on two slices of Soy & Linseed Toast</p> <p>Peach Snack Cup</p>
Optional	<p>Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seeds Toast with Butter and Strawberry Jam</p> <p>Peach Snack Cup</p>	<p>Fresh Omelette (Two Eggs and Smoked Salmon Mix) on two slices of Ciabatta Toast with Butter</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>Peach Snack Cup</p>	<p>Apple & Raspberry Bircher Muesli Soy & Linseed Toast with Strawberry Jam</p> <p>Peach Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Plum Jam Vanilla Yoghurt</p> <p>Red Apple</p>	<p>Two Eggs, Bacon, Tomato and Smashed Avocado on a toasted English Multigrain Muffin</p> <p>Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Toasted English Fruit Muffin with Butter (2) and Plum Jam</p> <p>Red Apple</p>
Vegetarian	<p>Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Butter and Vegemite Vanilla Yoghurt</p> <p>Peaches with Raspberry Sauce</p>	<p>Baked Beans with two slices of Cheese on a toasted English Multigrain Muffin with Butter</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Multigrain Toast with Butter and Plum Jam</p> <p>Orange</p>	<p>Fresh Omelette (Two Eggs, Mushroom, Spinach & Fetta Mix) on two slices of Ciabatta Toast with Butter (2)</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Egg, Cheese, Baby Spinach and Tomato Chutney Sandwich Thin Toastie</p> <p>Peach Snack Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Ciabatta Toast 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

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

Lunch & afternoon snack

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

Lunch & afternoon snack

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

Lunch & afternoon snack

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