

Week A

Breakfast & morning snack

This menu is for delivery weeks starting
7 March · 4 April · 2 May

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Egg, Cherry Tomatoes, Avo & Fetta on Ciabatta Toast</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Strawberry Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Ham, Egg & Cheese Melt in a Sandwich Thin</p> <p>.....</p> <p>Orange</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Passionfruit Yoghurt</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Apple & Raspberry Bircher Muesli</p> <p>.....</p> <p>Peach Cup</p>	<p>Fruity Almond Crunch with skim milk* Rye Toast with Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Creamy Almond & Vanilla Oats Wholemeal & Seeds Toast with Apricot Jam</p> <p>.....</p> <p>Red Apple</p>
Optional	<p>Honey Muesli Flakes with skim milk* Multigrain Toast with Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p>Bacon, Tomato and Smashed Avocado on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* Mixed Berry Yoghurt</p> <p>.....</p> <p>Peach Cup</p>	<p>Baked Beans and Cheese on Multigrain Toast</p> <p>.....</p> <p>Orange</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>Egg, Bacon and Tomato on Soy & Linseed Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Orange</p>
Vegetarian	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Pears & Apples in Yoghurt with Cashew Coconut Crumble</p> <p>.....</p> <p>Orange</p>	<p>Breakfast Wrap (Egg, Spinach, Mushroom & Capsicum with BBQ Sauce)</p> <p>.....</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Red Apple</p>	<p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Passionfruit Yoghurt</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Egg, Fetta and Smashed Avocado on Ciabatta Toast</p> <p>.....</p> <p>Red Apple</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>Mexican Pulled Chicken Nachos with Smashed Avocado and Cheese</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Chicken & Ham Salad with Caesar Dressing Red Apple</p> <p>.....</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll</p> <p>.....</p> <p>Vanilla Pears</p>	<p>Sticky BBQ Meatballs with Mixed Vegetable Rice</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Sliced Chicken, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange</p> <p>.....</p> <p>Chickpea Crisps & Cashews</p>	<p>Sweet Chicken Curry Red Apple</p> <p>.....</p> <p>Dry Roasted Almonds</p>	<p>Beef & Peanut Fried Rice</p> <p>.....</p> <p>Dried Apricots</p>
Optional	<p>Curried Egg Spread and Baby Leaf on a Long Roll</p> <p>.....</p> <p>Pear Cup</p>	<p>Roast Beef, Cheese, Baby Leaf and Caramelised Onion sandwich on Multigrain</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Hearty Chicken & Vegetable Soup with Ciabatta Toast</p> <p>.....</p> <p>Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut</p>	<p>Sliced Chicken, Tomato and Mayonnaise on a Long Roll</p> <p>.....</p> <p>Red Apple</p>	<p>Moroccan Lamb Hotpot Fruit Salad Cup</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p>Ham, Cheese, Tomato and Mustard Relish sandwich on Wholemeal & Seeds</p> <p>.....</p> <p>Kiwifruit</p>	<p>Sliced Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>.....</p> <p>Pear Cup</p>
Vegetarian	<p>Roasted Pumpkin, Spinach & Fetta Pizza Fresh Fruit</p> <p>.....</p> <p>Sesame Peanuts</p>	<p>Chickpea, Sweet Potato & Fetta Salad with Creamy Tahini Dressing Orange</p> <p>.....</p> <p>White Chocolate Blush Cake</p>	<p>Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing</p> <p>.....</p> <p>Peach & Pear Cup</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>.....</p> <p>Dried Apricots</p>	<p>Vegetable & Cashew Curry with Turmeric Rice Kiwifruit</p> <p>.....</p> <p>Double Chocolate Cake</p>	<p>Minestrone Soup with Ciabatta Toast and Butter Orange</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Italian Roasted Vegetable Risotto</p> <p>.....</p> <p>Fruit Salad Cup</p>

Week B

Breakfast & morning snack

This menu is for delivery weeks starting
14 March · 11 April · 9 May

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Maple, Pear & Wheat Flakes with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Blueberry & Chia Seed Yoghurt Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Nut Cluster Crunch with skim milk* Multigrain Toast with Honey</p> <p>.....</p> <p>Dried Plums</p>	<p>Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs, Tomato and Tomato Chutney on Wholemeal & Seeds Toast</p> <p>.....</p> <p>Orange</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>
Optional	<p>Fresh Omelette (Two Eggs and Ham & Mediterranean Veggie Mix)</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Toasted English Fruit Muffin with Butter</p> <p>.....</p> <p>Kiwifruit</p>	<p>Eggs Benedict (Egg, Smoked Salmon & Baby Spinach and Hollandaise Sauce) on Ciabatta Toast</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* Peach Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Two Eggs and Tomato on Multigrain Toast</p> <p>.....</p> <p>Orange</p>
Vegetarian	<p>Fruity Almond Crunch with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Egg with Sautéed Brekkie Vegetables in Tomato Sauce on Ciabatta Toast</p> <p>.....</p> <p>Peaches with Raspberry Sauce</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Kiwifruit</p>	<p>Maple, Pear & Walnut Bircher Muesli</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>	<p>Egg, Fetta and Smashed Avocado on Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Kiwifruit</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 & Roasted Pumpkin Pasta Salad with Italian Dressing Fresh Cut Fruit</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap</p> <p>.....</p> <p>Apricots & Pears</p>	<p>Chicken & Avocado Salad with Creamy Ranch Dressing Peach Cup</p> <p>.....</p> <p>Mango Yoghurt</p>	<p>Sliced Chicken, Salad and Teriyaki Sauce in a Wrap</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Spaghetti Bolognese Kiwifruit</p> <p>.....</p> <p>Maple Cashew Crunch</p>	<p>Portuguese Chicken & Rice Orange</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Creamy Chicken & Pesto Penne Peach Snack Cup</p> <p>.....</p> <p>Dry Roasted Almonds</p>
Optional	<p>Sesame Pork with Crispy Noodles and Asian Salad Fresh Fruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll</p> <p>.....</p> <p>Orange</p>	<p>Margherita Pizza with Bocconcini Red Apple</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>Roast Beef, Cheese, Salad and Tomato Chutney sandwich on Soy & Linseed</p> <p>.....</p> <p>Kiwifruit</p>	<p>Sliced Chicken, Tomato and Mayonnaise in a Wrap</p> <p>.....</p> <p>Peach Cup</p>	<p>Asian Meatballs with Jasmine Rice Red Apple</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p>Corned Beef, Tomato and Mustard Relish on a Grain Roll Kiwifruit</p> <p>.....</p> <p>Cashews & Cranberries</p>
Vegetarian	<p>Tofu & Shredded Vegetable Salad with Chilli & Lime Mayonnaise</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Veggie Bites Salad with Creamy Tahini Dressing</p> <p>.....</p> <p>Red Apple</p>	<p>Tofu & Slaw with Asian Dressing in a Wrap</p> <p>.....</p> <p>Orange</p>	<p>Mexican Beans with Rice and Smashed Avocado</p> <p>.....</p> <p>Red Apple</p>	<p>Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Peach Cup</p>	<p>Cheese, Tomato and Caramelised Onion sandwich on Multigrain</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Cauliflower, Sultana & Pea Curry</p> <p>.....</p> <p>Orange</p>

Week C

Breakfast & morning snack

This menu is for delivery weeks starting
21 March · 18 April · 16 May

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Pears & Apples in Yoghurt with Cashew Coconut Crumble</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Honey</p> <p>Fresh Fruit</p>	<p>Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>Peaches with Raspberry Sauce</p>	<p>Nut Cluster Crunch with skim milk* Mixed Berry Yoghurt</p> <p>Red Apple</p>	<p>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce) on Ciabatta Toast</p> <p>Peach & Pear Cup</p>	<p>Fruity Almond Crunch with skim milk* Rye Toast with Plum Jam</p> <p>Orange</p>	<p>Two Eggs and Tomato on Wholemeal & Seeds Toast</p> <p>Red Apple</p>
Optional	<p>Baked Beans and Cheese on Wholemeal & Seeds Toast</p> <p>Fresh Fruit</p>	<p>Fresh Omelette (Two Eggs and Ham & Mushroom Mix)</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Ciabatta Toast with Peanut Butter</p> <p>Orange</p>	<p>Egg, Fetta, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>Dried Plums</p>	<p>Almond Toasted Muesli with skim milk* Wholemeal & Seeds Toast with Honey</p> <p>Kiwifruit</p>	<p>Egg, Bacon and Tomato on a toasted English Multigrain Muffin</p> <p>Fruit Salad Cup</p>	<p>Creamy Cranberry & Apple Oats Multigrain Toast with Plum Jam</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Egg, Fetta and Smashed Avocado on Ciabatta Toast</p> <p>Fresh Fruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Peach Yoghurt</p> <p>Fresh Fruit</p>	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk* Rye Toast with Strawberry Jam</p> <p>Orange</p>	<p>Breakfast Wrap (Egg, Spinach, Mushroom & Capsicum with BBQ Sauce)</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Butter and Vegemite</p> <p>Kiwifruit</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>Dried Apricots</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 Potato Gnocchi, Egg & Crispy Ham Salad with Creamy Ranch Dressing</p> <p>Red Apple</p>	<p>Classic Supreme Pizza with melted Cheese</p> <p>Fresh Fruit</p>	<p>Sliced Chicken, Salad and Creamy Cheese Dressing in a Wrap Kiwifruit</p> <p>Mango Yoghurt</p>	<p>Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing</p> <p>Fruit Salad Cup</p>	<p>Butter Chicken, Sliced Cucumber and Raita in a Wrap</p> <p>Red Apple</p>	<p>Pork, Apple & Sultana Curry</p> <p>Peach Cup</p>	<p>Chicken in Mushroom & Leek Sauce</p> <p>Pear Cup</p>
Optional	<p>Chicken & Cashew Bowl</p> <p>Vanilla Pears</p>	<p>Sliced Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Peaches & Apricots</p>	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll</p> <p>Orange</p>	<p>Meatballs with Napoli Sauce on a Long Roll</p> <p>Kiwifruit</p>	<p>Sesame & Ginger Pork</p> <p>Pear Cup</p>	<p>Corned Beef, Tomato and Mustard Relish sandwich on Multigrain Orange</p> <p>Choc Chip & Orange Cake</p>	<p>Ham, Cheese, Tomato and Tasty Relish on a Grain Roll</p> <p>Kiwifruit</p>
Vegetarian	<p>Italian Roasted Vegetable Pizza with Boccconcini</p> <p>Red Apple</p>	<p>Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing Kiwifruit</p> <p>Cinnamon Oat Bar</p>	<p>Warm Potato Gnocchi, Egg & Shallot Salad with Creamy Ranch Dressing</p> <p>Red Apple</p>	<p>Veggie Bites & Baby Leaf with Creamy Tahini Dressing in a Wrap</p> <p>Peach Snack Cup</p>	<p>Lentil & Pumpkin Pasta Salad with Italian Dressing Pear Cup</p> <p>Mango Yoghurt</p>	<p>Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter Dried Plums</p> <p>Chickpea Crisps & Cashews</p>	<p>Penne Pesto Pasta Orange</p> <p>Cheese & Crackers</p>

Week D

Breakfast & morning snack

This menu is for delivery weeks starting
28 March · 25 April · 23 May

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Blueberry & Chia Seed Yoghurt Ciabatta Toast with Honey Sweet Pineapple Bites with Passionfruit	Fresh Omelette (Two Eggs, Ham & Tomato Mix with Cheese) Fresh Fruit	Almond Toasted Muesli with skim milk* Multigrain Toast with Strawberry Jam Orange	Breakfast Wrap (Egg, Spinach, Mushroom & Capsicum with BBQ Sauce) Red Apple	Apple, Cranberry & Bran Flakes with skim milk* Passionfruit Yoghurt Peach Snack Cup	Bacon & Zucchini Bread with Egg and Tomato Chutney Pear Cup	Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Apricot Jam Kiwifruit
Optional	Eggs Benedict (Egg, Smoked Salmon & Baby Spinach and Hollandaise Sauce) on Ciabatta Toast Red Apple	Honey Muesli Flakes with skim milk* Rye Toast with Strawberry Jam Kiwifruit	Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast Orange	Maple, Pear & Walnut Bircher Muesli Kiwifruit	Baked Beans and Bacon on Multigrain Toast Dried Apricots	Maple, Pear & Wheat Flakes with skim milk* Soy & Linseed Toast with Plum Jam Orange	Egg, Bacon and Tomato on Wholemeal & Seeds Toast Red Apple
Vegetarian	Nut Cluster Crunch with skim milk* Multigrain Toast with Butter and Vegemite Fresh Cut Fruit	Café Style Beans with Spinach and Egg on Wholemeal & Seeds Toast Fresh Fruit	Fruity Almond Crunch with skim milk* Mixed Berry Yoghurt Peach Cup	Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie Fruit Salad Cup	Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Apricot Jam Red Apple	Two Eggs, Tomato and Tomato Chutney on a toasted English Multigrain Muffin Kiwifruit	Creamy Almond & Vanilla Oats Rye Toast with Strawberry Jam Orange

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Sliced Chicken and Apple Salad with Slivered Almonds and Honey Mustard Dressing Fresh Fruit Chickpea Crisps & Cashews	Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll Fresh Fruit	Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing Fruit Salad Cup Mixed Berry Yoghurt	Sliced Chicken, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange Cheese & Crackers	Chicken Teriyaki Kiwifruit Citrus & Coconut Cake	Baked Potato Bolognese Red Apple Sesame Peanuts	Seasoned Chicken & Mushroom Risotto Peach Snack Cup
Optional	Chargrilled Lamb with Greek Salad and Creamy Dressing in a Wrap Orange	Oriental Beef & Noodles Red Apple Banana & Apple Bread	Chicken, Ham & Parmesan Salad with Caesar Dressing in a Wrap Fruit Salad Cup	Ham, Cheese and Tomato sandwich on Soy & Linseed Peach Snack Cup	Pulled Texas BBQ Lamb Orange Passionfruit Yoghurt	Flame Grilled Meatballs with Mash Peach Snack Cup	Corned Beef, Cheese, Tomato and Fruit Chutney sandwich on Multigrain Red Apple
Vegetarian	Curried Egg Spread and Baby Leaf on a Long Roll Fresh Fruit	Margherita Pizza with Bocconcini Fresh Fruit Classic Choc & Oats Bar	Vietnamese Salad with Shredded Tofu and Asian Dressing Red Apple Dry Roasted Almonds	Mexican Bean Nachos with Smashed Avocado and Cheese Orange	Veggie Burger , Baby Spinach, Tomato, Smashed Avocado and Tasty Relish on a Sandwich Thin Peach & Pear Cup	Cheese, Tomato and Caramelised Onion sandwich on Wholemeal & Seeds Red Apple	Cheesy Mushroom & Semi Dried Tomato Penne Fruit Salad Cup Mixed Berry Yoghurt