

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	Two Eggs, Cherry Tomatoes, Avo & Fetta on two slices of Ciabatta Toast Peaches & Apricots	Almond Toasted Muesli with skim milk* Two slices of Soy & Linseed Toast with Butter and Strawberry Jam Fresh Cut Fruit	Maple, Pear & Wheat Flakes with skim milk* Ham, Egg & Cheese Melt in a Sandwich Thin Orange	Apple, Cranberry & Bran Flakes with skim milk* Ciabatta Toast with Peanut Butter Passionfruit Yoghurt Peach & Pear Cup	Apple & Raspberry Bircher Muesli Multigrain Toast with Honey Peach Cup	Fruity Almond Crunch with skim milk* Two slices of Rye Toast with Butter and Plum Jam Orange	Creamy Almond & Vanilla Oats Two slices of Wholemeal & Seeds Toast with Butter and Apricot Jam Red Apple
Optional	Honey Muesli Flakes with skim milk* Two slices of Multigrain Toast with Butter and Honey Kiwifruit	Egg, Bacon , Cheese, Tomato and Smashed Avocado on a toasted English Multigrain Muffin Red Apple	Nut Cluster Crunch with skim milk* Soy & Linseed Toast with Apricot Jam Mixed Berry Yoghurt Peach Cup	Baked Beans and Cheese on two slices of Multigrain Toast with Butter Orange	Maple, Pear & Wheat Flakes with skim milk* Two slices of Wholemeal & Seeds Toast with Butter (2) and Vegemite Kiwifruit	Two Eggs, Bacon and Tomato on two slices of Soy & Linseed Toast Red Apple	Almond Toasted Muesli with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam Orange
Vegetarian	Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast Vanilla Yoghurt Fresh Cut Fruit	Pears & Apples in Yoghurt with Cashew Coconut Crumble Wholemeal & Seeds Toast with Honey Orange	Breakfast Wrap (Two Eggs, Spinach, Mushroom & Capsicum with Cheese and BBQ Sauce) Orange	Honey Muesli Flakes with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam Red Apple	Egg, Baked Beans and Cheese on a toasted English Multigrain Muffin with Butter Peach Snack Cup	Apple, Cranberry & Bran Flakes with skim milk* Multigrain Toast with Plum Jam Passionfruit Yoghurt Peach & Pear Cup	Two Eggs, Fetta and Smashed Avocado on two slices of Ciabatta Toast Red Apple

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	Mexican Pulled Chicken Nachos with Smashed Avocado and Cheese Fresh Fruit	Chicken & Ham Salad with Caesar Dressing Red Apple Almonds, Pretzels & Peanuts	Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll Vanilla Pears Cheese & Crackers	Sticky BBQ Meatballs with Mixed Vegetable Rice Fruit Salad Cup Savoury Nut Mix	Sliced Chicken, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange Choc Chip & Orange Cake Chickpea Crisps & Cashews	Sweet Chicken Curry Red Apple Choc Nut Bar	Beef & Peanut Fried Rice Dried Apricots Pikelets with Strawberry Jam
Optional	Curried Egg Spread and Baby Leaf on a Long Roll Pear Cup Pikelets with Strawberry Jam	Roast Beef, Cheese, Baby Leaf and Caramelised Onion sandwich on Multigrain Peach Snack Cup Choc Cranberry Trail Mix	Hearty Chicken & Vegetable Soup with Ciabatta Toast Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut Peanuts, Almonds & Cashews	Sliced Chicken, Tomato and Mayonnaise on a Long Roll Red Apple Banana & Date Muffin	Moroccan Lamb Hotpot Fruit Salad Cup Corn Chips with Salsa Dip Cinnamon Oat Bar	Ham, Cheese, Tomato and Mustard Relish sandwich on Wholemeal & Seeds Kiwifruit Pistachio, White Chocolate & Strawberries	Sliced Chicken, Tomato and Smashed Avocado in a Wrap Pear Cup Vanilla Yoghurt with Yoghurt Sprinkle
Vegetarian	Roasted Pumpkin, Spinach & Fetta Pizza Fresh Fruit Cashews, Almonds & Walnuts	Chickpea, Sweet Potato & Fetta Salad with Creamy Tahini Dressing Orange Rice Pudding with Blueberry & Apple Compote	Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing Peach & Pear Cup Mixed Nuts	Veggie Burger , Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin Dried Apricots Classic Choc & Oats Bar	Vegetable & Cashew Curry with Turmeric Rice Kiwifruit Double Chocolate Cake Sesame Peanuts	Minestrone Soup with Ciabatta Toast and Butter Orange Cheese & Crackers	Italian Roasted Vegetable Risotto Fruit Salad Cup Citrus & Coconut Cake

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* Two slices of Wholemeal & Seeds Toast with Butter and Apricot Jam</p> <p>Fresh Fruit</p>	<p>Blueberry & Chia Seed Yoghurt Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Fresh Cut Fruit</p>	<p>Nut Cluster Crunch with skim milk* Two slices of Multigrain Toast with Butter and Honey</p> <p>Dried Plums</p>	<p>Creamy Cranberry & Apple Oats Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>Red Apple</p>	<p>Two Eggs, Tomato and Tomato Chutney on two slices of Wholemeal & Seeds Toast with Butter</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>Peach Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Soy & Linseed Toast with Butter and Vegemite Vanilla Yoghurt</p> <p>Red Apple</p>
Optional	<p>Fresh Omelette (Two Eggs and Ham & Mediterranean Veggie Mix) on two slices of Ciabatta Toast with Butter</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Toasted English Fruit Muffin with Butter (2) and Strawberry Jam</p> <p>Kiwifruit</p>	<p>Eggs Benedict (Two Eggs, Smoked Salmon & Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk* Soy & Linseed Toast with Butter and Vegemite Peach Yoghurt</p> <p>Fruit Salad Cup</p>	<p>Two Eggs and Tomato on two slices of Multigrain Toast with Butter</p> <p>Orange</p>
Vegetarian	<p>Fruity Almond Crunch with skim milk* Multigrain Toast with Honey Vanilla Yoghurt</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Two Eggs with Sautéed Brekkie Vegetables in Tomato Sauce on two slices of Ciabatta Toast with Butter</p> <p>Peaches with Raspberry Sauce</p>	<p>Almond Toasted Muesli with skim milk* Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>Kiwifruit</p>	<p>Maple, Pear & Walnut Bircher Muesli Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>Pear Cup</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Orange</p>	<p>Two Eggs, Fetta and Smashed Avocado on two slices of Ciabatta Toast</p> <p>Red Apple</p>	<p>Creamy Almond & Vanilla Oats Two slices of Soy & Linseed Toast with Butter and Apricot Jam</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>Dry Roasted Almonds Ciabatta Toast with Peanut Butter</p>	<p>Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap Apricots & Pears</p> <p>White Chocolate Blush Cake</p>	<p>Chicken & Avocado Salad with Creamy Ranch Dressing Peach Cup</p> <p>Mango Yoghurt Maple Cashew Crunch</p>	<p>Sliced Chicken, Salad and Teriyaki Sauce in a Wrap Fruit Salad Cup</p> <p>Mixed Nuts</p>	<p>Spaghetti Bolognese Kiwifruit</p> <p>Choc & Nut Mix</p>	<p>Portuguese Chicken & Rice Orange</p> <p>Banana & Date Muffin Corn Chips with Salsa Dip</p>	<p>Creamy Chicken & Pesto Penne Peach Snack Cup</p> <p>Almonds, Pretzels & Peanuts</p>
Optional	<p>Sesame Pork with Crispy Noodles and Asian Salad Fresh Fruit</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll Orange</p> <p>Rice Pudding with Blueberry & Apple Compote</p>	<p>Margherita Pizza with Bocconcini Red Apple</p> <p>Choc Nut Bar</p>	<p>Roast Beef, Cheese, Salad and Tomato Chutney sandwich on Soy & Linseed Kiwifruit</p> <p>Savoury Nut Mix</p>	<p>Sliced Chicken, Tomato and Mayonnaise in a Wrap Peach Cup</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Asian Meatballs with Jasmine Rice Red Apple</p> <p>Cinnamon Oat Bar Chickpea Crisps & Cashews</p>	<p>Corned Beef, Tomato and Mustard Relish on a Grain Roll Kiwifruit</p> <p>Cheese & Crackers Cashews & Cranberries</p>
Vegetarian	<p>Tofu & Shredded Vegetable Salad with Chilli & Lime Mayonnaise Fresh Fruit</p> <p>Apple & Cranberry Muffin</p>	<p>Veggie Bites Salad with Creamy Tahini Dressing Red Apple</p> <p>Cheese & Crackers</p>	<p>Tofu & Slaw with Asian Dressing in a Wrap Orange</p> <p>9 Grain Crispbread with Peanut Butter</p>	<p>Mexican Beans with Rice and Smashed Avocado Red Apple</p> <p>Choc Chip & Orange Cake</p>	<p>Pumpkin Soup with a Cheese and Tomato Sandwich Thin Toastie Peach Cup</p> <p>Sesame Peanuts</p>	<p>Cheese, Tomato and Caramelised Onion sandwich on Multigrain Fruit Salad Cup</p> <p>Maple Cashew Crunch</p>	<p>Cauliflower, Sultana & Pea Curry Orange</p> <p>Raspberry & Apple Crumble</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>Ciabatta Toast with Peanut Butter</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Honey</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>Peaches with Raspberry Sauce</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>Mixed Berry Yoghurt</p> <p>Red Apple</p>	<p>Eggs Benedict (Two Eggs, Bacon, Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast</p> <p>Peach & Pear Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>Orange</p>	<p>Two Eggs, Tomato and Tomato Chutney on two slices of Wholemeal & Seeds Toast</p> <p>Red Apple</p>
Optional	<p>Baked Beans and two slices of Cheese on two slices of Wholemeal & Seeds Toast</p> <p>Fresh Fruit</p>	<p>Fresh Omelette (Two Eggs, Ham & Mushroom Mix) on Multigrain Toast with Butter</p> <p>Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Ciabatta Toast with Peanut Butter and Honey</p> <p>Orange</p>	<p>Creamy Almond & Vanilla Oats</p> <p>Egg, Fetta, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>Dried Plums</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Wholemeal & Seeds Toast with Butter and Honey</p> <p>Kiwifruit</p>	<p>Egg, Bacon and Tomato on a toasted English Multigrain Muffin</p> <p>Vanilla Yoghurt</p> <p>Fruit Salad Cup</p>	<p>Creamy Cranberry & Apple Oats</p> <p>Two slices of Multigrain Toast with Butter and Plum Jam</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Two Eggs, Fetta and Smashed Avocado on two slices of Ciabatta Toast</p> <p>Fresh Fruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk*</p> <p>Multigrain Toast with Butter and Apricot Jam</p> <p>Peach Yoghurt</p> <p>Fresh Fruit</p>	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>Vanilla Yoghurt</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>Orange</p>	<p>Breakfast Wrap (Two Eggs, Spinach, Mushroom & Capsicum with Cheese and BBQ Sauce)</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter (2) and Vegemite</p> <p>Kiwifruit</p>	<p>Nut Cluster Crunch with skim milk*</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>Pikelets with Strawberry Jam</p>	<p>Classic Supreme Pizza with melted Cheese</p> <p>Fresh Fruit</p> <p>Peanuts, Almonds & Cashews</p>	<p>Sliced Chicken, Salad and Creamy Cheese Dressing in a Wrap</p> <p>Kiwifruit</p> <p>Mango Yoghurt with Yoghurt Sprinkle</p>	<p>Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing</p> <p>Fruit Salad Cup</p> <p>Cheese & Crackers</p>	<p>Butter Chicken, Sliced Cucumber and Raita in a Wrap</p> <p>Red Apple</p> <p>Apple Crumble</p>	<p>Pork, Apple & Sultana Curry</p> <p>Peach Cup</p> <p>Mixed Nuts</p>	<p>Chicken in Mushroom & Leek Sauce</p> <p>Pear Cup</p> <p>Maple Cashew Crunch</p>
Optional	<p>Chicken & Cashew Bowl</p> <p>Vanilla Pears</p> <p>Rice Pudding with Blueberry & Apple Compote</p>	<p>Sliced Chicken, Tomato and Smashed Avocado in a Wrap</p> <p>Peaches & Apricots</p> <p>Banana & Apple Bread</p>	<p>Aussie Beef Burger with Salad and Tomato Sauce on a Grain Roll</p> <p>Orange</p> <p>Roasted Maple Walnuts & Cashews</p>	<p>Meatballs with Napoli Sauce on a Long Roll</p> <p>Kiwifruit</p> <p>Double Chocolate Cake</p>	<p>Sesame & Ginger Pork</p> <p>Pear Cup</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Corned Beef, Tomato and Mustard Relish sandwich on Multigrain</p> <p>Orange</p> <p>Passionfruit Yoghurt</p> <p>Choc Chip & Orange Cake</p>	<p>Ham, Cheese, Tomato and Tasty Relish on a Grain Roll</p> <p>Kiwifruit</p> <p>Classic Choc & Oats Bar</p>
Vegetarian	<p>Italian Roasted Vegetable Pizza with Bocconcini</p> <p>Red Apple</p> <p>Corn Chips with Salsa Dip</p>	<p>Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing</p> <p>Kiwifruit</p> <p>Cinnamon Oat Bar</p> <p>Savoury Nut Mix</p>	<p>Warm Potato Gnocchi, Egg & Shallot Salad with Creamy Ranch Dressing</p> <p>Red Apple</p> <p>White Chocolate Blush Cake</p>	<p>Veggie Bites & Baby Leaf with Creamy Tahini Dressing in a Wrap</p> <p>Peach Snack Cup</p> <p>Dry Roasted Almonds</p>	<p>Lentil & Pumpkin Pasta Salad with Italian Dressing</p> <p>Pear Cup</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter</p> <p>Dried Plums</p> <p>Cashews, Almonds & Walnuts</p>	<p>Penne Pesto Pasta</p> <p>Orange</p> <p>Cheese & Crackers</p> <p>Banana & Date Muffin</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	<p>Blueberry & Chia Seed Yoghurt Two slices of Ciabatta Toast with Peanut Butter and Honey Sweet Pineapple Bites with Passionfruit</p>	<p>Fresh Omelette (Two Eggs, Ham & Tomato Mix with Cheese) on two slices of Ciabatta Toast with Butter Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Multigrain Toast with Butter and Strawberry Jam Orange</p>	<p>Breakfast Wrap (Two Eggs, Spinach, Mushroom & Capsicum with Cheese and BBQ Sauce) Red Apple</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seeds Toast with Butter and Vegemite Passionfruit Yoghurt Peach Snack Cup</p>	<p>Bacon & Zucchini Bread with Egg and Tomato Chutney Vanilla Yoghurt Pear Cup</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter and Apricot Jam Kiwifruit</p>
Optional	<p>Eggs Benedict (Two Eggs, Smoked Salmon & Baby Spinach and Hollandaise Sauce) on two slices of Ciabatta Toast Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam Kiwifruit</p>	<p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast with Butter Orange</p>	<p>Maple, Pear & Walnut Bircher Muesli Wholemeal & Seeds Toast with Honey Kiwifruit</p>	<p>Baked Beans, Bacon and Cheese on two slices of Multigrain Toast Dried Apricots</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam Orange</p>	<p>Two Eggs, Bacon and Tomato on two slices of Wholemeal & Seeds Toast Red Apple</p>
Vegetarian	<p>Nut Cluster Crunch with skim milk* Two slices of Multigrain Toast with Butter (2) and Vegemite Fresh Cut Fruit</p>	<p>Café Style Beans with Spinach and two Eggs on two slices of Wholemeal & Seeds Toast Fresh Fruit</p>	<p>Fruity Almond Crunch with skim milk* Toasted English Fruit Muffin with Strawberry Jam Mixed Berry Yoghurt Peach Cup</p>	<p>Creamy Cranberry & Apple Oats Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie Fruit Salad Cup</p>	<p>Almond Toasted Muesli with skim milk* Two slices of Soy & Linseed Toast with Butter and Apricot Jam Red Apple</p>	<p>Honey Muesli Flakes with skim milk* Two Eggs, Tomato and Tomato Chutney on a toasted English Multigrain Muffin Kiwifruit</p>	<p>Creamy Almond & Vanilla Oats Two slices of Rye Toast with Butter and Strawberry Jam Orange</p>

Lunch & afternoon snack

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Popular	<p>Sliced Chicken and Apple Salad with Slivered Almonds and Honey Mustard Dressing Fresh Fruit Cinnamon Oat Bar Chickpea Crisps & Cashews</p>	<p>Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll Fresh Fruit Mixed Nuts</p>	<p>Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing Fruit Salad Cup Mixed Berry Yoghurt Sesame Peanuts</p>	<p>Sliced Chicken, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange Cheese & Crackers</p>	<p>Chicken Teriyaki Kiwifruit Choc & Nut Mix</p>	<p>Baked Potato Bolognese Red Apple White Chocolate Blush Cake Sesame Peanuts</p>	<p>Seasoned Chicken & Mushroom Risotto Peach Snack Cup Raspberry & Apple Crumble</p>
Optional	<p>Chargrilled Lamb with Greek Salad and Creamy Dressing in a Wrap Orange Walnut & Date Cake</p>	<p>Oriental Beef & Noodles Red Apple Ciabatta Toast with Butter and Vegemite Banana & Apple Bread</p>	<p>Chicken, Ham & Parmesan Salad with Caesar Dressing in a Wrap Fruit Salad Cup Banana & Date Muffin</p>	<p>Ham, Cheese and Tomato sandwich on Soy & Linseed Peach Snack Cup Choc Hazelnut & Fruit Mix</p>	<p>Pulled Texas BBQ Lamb Orange Passionfruit Yoghurt Peanuts, Almonds & Cashews</p>	<p>Flame Grilled Meatballs with Mash Peach Snack Cup Pikelets with Strawberry Jam</p>	<p>Corned Beef, Cheese, Tomato and Fruit Chutney sandwich on Multigrain Red Apple Choc Cranberry Trail Mix</p>
Vegetarian	<p>Curried Egg Spread and Baby Leaf on a Long Roll Fresh Fruit Roasted Maple Walnuts & Cashews</p>	<p>Margherita Pizza with Bocconcini Fresh Fruit Choc Nut Bar</p>	<p>Vietnamese Salad with Shredded Tofu and Asian Dressing Red Apple Cheese & Crackers</p>	<p>Mexican Bean Nachos with Smashed Avocado and Cheese Orange Peach Yoghurt</p>	<p>Veggie Burger, Baby Spinach, Tomato, Smashed Avocado and Tasty Relish on a Sandwich Thin Peach & Pear Cup Double Chocolate Cake</p>	<p>Cheese, Tomato and Caramelised Onion sandwich on Wholemeal & Seeds Red Apple Pistachio, White Chocolate & Strawberries</p>	<p>Cheesy Mushroom & Semi Dried Tomato Penne Fruit Salad Cup Mixed Berry Yoghurt 9 Grain Crispbread with Butter and Vegemite</p>