

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

## 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)

Popular	Mexican Pulled Chicken Nachos with Smashed Avocado and Cheese  <b>Fresh Fruit</b>	Chicken & Ham Salad with Caesar Dressing Red Apple  Almonds, Pretzels & Peanuts	<b>Aussie Beef Burger</b> with Salad and Tomato Sauce on a <b>Grain Roll</b> Vanilla Pears  Cheese & Crackers	<b>Sticky BBQ Meatballs with Mixed Vegetable Rice</b> Fruit Salad Cup  Savoury Nut Mix	Sliced Chicken, Tomato, Baby Spinach and Mayonnaise in a Wrap Orange  <b>Choc Chip &amp; Orange Cake</b> Chickpea Crisps & Cashews	<b>Sweet Chicken Curry</b> Red Apple  Choc Nut Bar	<b>Beef &amp; Peanut Fried Rice</b> Dried Apricots  <b>Pikelets</b> with Strawberry Jam
Optional	Curried Egg Spread and Baby Leaf on a <b>Long Roll</b> Pear Cup  <b>Pikelets</b> with Strawberry Jam	Roast Beef, Cheese, Baby Leaf and Caramelised Onion sandwich on <b>Multigrain</b> Peach Snack Cup  Choc Cranberry Trail Mix	<b>Hearty Chicken &amp; Vegetable Soup</b> with <b>Ciabatta Toast</b> Tropical Fruit in Yoghurt with Cranberries & Toasted Coconut  Peanuts, Almonds & Cashews	Sliced Chicken, Tomato and Mayonnaise on a <b>Long Roll</b> Red Apple  <b>Banana &amp; Date Muffin</b>	<b>Moroccan Lamb Hotpot</b> Fruit Salad Cup  Corn Chips with Salsa Dip Cinnamon Oat Bar	Ham, Cheese, Tomato and Mustard Relish sandwich on <b>Wholemeal &amp; Seeds</b> 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 <b>Fresh Fruit</b>  Cashews, Almonds & Walnuts	Chickpea, Sweet Potato & Fetta Salad with Creamy Tahini Dressing Orange  <b>Rice Pudding with Blueberry &amp; Apple Compote</b>	Zucchini & Corn Dumplings with Shredded Salad and Asian Dressing Peach & Pear Cup  Mixed Nuts	<b>Veggie Burger</b> , Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b> Dried Apricots  Classic Choc & Oats Bar	<b>Vegetable &amp; Cashew Curry with Turmeric Rice</b> Kiwifruit  <b>Double Chocolate Cake</b> Sesame Peanuts	<b>Minestrone Soup</b> with <b>Ciabatta Toast</b> and Butter Orange  Cheese & Crackers	<b>Italian Roasted Vegetable Risotto</b> Fruit Salad Cup  <b>Citrus &amp; Coconut Cake</b>
Snacks for A, B & C options	<b>Spaghetti Carbonara</b>	Cinnamon Oat Bar 9 Grain Crispbread with Peanut Butter	Toasted <b>English Fruit Muffin</b> with Butter (2) and Strawberry Jam	Corned Beef, Tomato and Mustard Relish sandwich on <b>Soy &amp; Linseed</b>	Cheese, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b>	<b>Apple Crumble</b> Savoury Nut Mix	Choc & Nut Mix

# 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
<b>Popular</b>	Maple, Pear & Wheat Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam Fresh Fruit	Blueberry & Chia Seed Yoghurt Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam Fresh Cut Fruit	Nut Cluster Crunch with skim milk* Two slices of <b>Multigrain Toast</b> with Butter and Honey Dried Plums	Creamy Cranberry & Apple Oats Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b> Red Apple	Two Eggs, Tomato and Tomato Chutney on two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter Orange	Honey Muesli Flakes with skim milk* <b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a toasted <b>English Multigrain Muffin</b> Peach Cup	Apple, Cranberry & Bran Flakes with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite Vanilla Yoghurt Red Apple
<b>Optional</b>	Fresh Omelette (Two Eggs and Ham & Mediterranean Veggie Mix) on two slices of <b>Ciabatta Toast</b> with Butter Red Apple	Apple, Cranberry & Bran Flakes with skim milk* Toasted <b>English Fruit Muffin</b> with Butter (2) and Strawberry Jam Kiwifruit	Eggs Benedict (Two Eggs, Smoked Salmon & Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b> Peach Snack Cup	Fruity Almond Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Plum Jam Orange	Almond Toasted Muesli with skim milk* Egg, Cheese & Hollandaise <b>Sandwich Thin Toastie</b> Red Apple	Nut Cluster Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Butter and Vegemite Peach Yoghurt Fruit Salad Cup	Two Eggs and Tomato on two slices of <b>Multigrain Toast</b> with Butter Orange
<b>Vegetarian</b>	Fruity Almond Crunch with skim milk* <b>Multigrain Toast</b> with Honey Vanilla Yoghurt Sweet Pineapple Bites with Passionfruit	Two Eggs with Sautéed Brekkie Vegetables in Tomato Sauce on two slices of <b>Ciabatta Toast</b> with Butter Peaches with Raspberry Sauce	Almond Toasted Muesli with skim milk* Cheese, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b> Kiwifruit	Maple, Pear & Walnut Bircher Muesli <b>Wholemeal &amp; Seeds Toast</b> with Butter and Vegemite Pear Cup	Honey Muesli Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam Orange	Two Eggs, Fetta and Smashed Avocado on two slices of <b>Ciabatta Toast</b> Red Apple	Creamy Almond & Vanilla Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam Kiwifruit

## Lunch & afternoon snack

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<b>Popular</b>	Chicken & Roasted Pumpkin Pasta Salad with Italian Dressing Fresh Cut Fruit Dry Roasted Almonds <b>Ciabatta Toast</b> with Peanut Butter	<b>Chargrilled Rissoles</b> with Greek Salad and Creamy Dressing in a Wrap Apricots & Pears <b>White Chocolate Blush Cake</b>	Chicken & Avocado Salad with Creamy Ranch Dressing Pear Cup Mango Yoghurt Maple Cashew Crunch	Sliced Chicken, Salad and Teriyaki Sauce in a Wrap Fruit Salad Cup Mixed Nuts	<b>Spaghetti Bolognese</b> Kiwifruit Choc & Nut Mix	<b>Portuguese Chicken &amp; Rice</b> Orange <b>Banana &amp; Date Muffin</b> Corn Chips with Salsa Dip	<b>Creamy Chicken &amp; Pesto Penne</b> Peach Snack Cup Almonds, Pretzels & Peanuts
<b>Optional</b>	<b>Sesame Pork</b> with Crispy Noodles and Asian Salad Fresh Fruit Almonds, Pretzels & Peanuts	<b>Chargrilled Chicken Burger</b> with Salad, Parmesan and Tomato Chutney on a <b>Grain Roll</b> Orange <b>Rice Pudding with Blueberry &amp; Apple Compote</b>	Margherita Pizza with Bocconcini Red Apple Choc Nut Bar	Roast Beef, Cheese, Salad and Tomato Chutney sandwich on <b>Soy &amp; Linseed</b> Kiwifruit Savoury Nut Mix	Sliced Chicken, Tomato and Mayonnaise in a Wrap Peach Cup Vanilla Yoghurt with Yoghurt Sprinkle	<b>Asian Meatballs with Jasmine Rice</b> Red Apple Cinnamon Oat Bar Chickpea Crisps & Cashews	Corned Beef, Tomato and Mustard Relish on a <b>Grain Roll</b> Kiwifruit Cheese & Crackers Cashews & Cranberries
<b>Vegetarian</b>	Tofu & Shredded Vegetable Salad with Chilli & Lime Mayonnaise Fresh Fruit Apple & Cranberry Muffin	Veggie Bites Salad with Creamy Tahini Dressing Red Apple Cheese & Crackers	Tofu & Slaw with Asian Dressing in a Wrap Orange 9 Grain Crispbread with Peanut Butter	Mexican Beans with Rice and Smashed Avocado Red Apple Choc Chip & Orange Cake	<b>Pumpkin Soup</b> with a Cheese and Tomato <b>Sandwich Thin Toastie</b> Peach Cup Sesame Peanuts	Cheese, Tomato and Caramelised Onion sandwich on <b>Multigrain</b> Fruit Salad Cup Maple Cashew Crunch	<b>Cauliflower, Sultana &amp; Pea Curry</b> Orange Raspberry & Apple Crumble
<b>Snacks for A, B &amp; C options</b>	Coconut Beef Curry	Cashews, Almonds & Walnuts	Hearty Beef & Barley Soup with <b>Wholemeal &amp; Seeds Toast</b> and Butter	Vanilla Yoghurt Pistachio, White Chocolate & Strawberries	Cheese & Crackers <b>Citrus &amp; Coconut Cake</b>	Choc & Nut Mix	<b>Pikelets</b> with Strawberry Jam Coconut, Espresso & Cashew Clusters

# 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 &amp; Apples in Yoghurt with Cashew Coconut Crumble</p> <p><b>Ciabatta Toast</b> with Peanut Butter</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Honey</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Peaches with Raspberry Sauce</p>	<p>Nut Cluster Crunch with skim milk*</p> <p><b>Wholemeal &amp; Seeds Toast</b> with Butter and Vegemite</p> <p>Mixed Berry Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Eggs Benedict (Two Eggs, <b>Bacon</b>, Baby Spinach and Hollandaise Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Two Eggs, Tomato and Tomato Chutney on two slices of <b>Wholemeal &amp; Seeds Toast</b></p> <p>.....</p> <p>Red Apple</p>
Optional	<p>Baked Beans and two slices of Cheese on two slices of <b>Wholemeal &amp; Seeds Toast</b></p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Fresh Omelette (Two Eggs, Ham &amp; Mushroom Mix) on <b>Multigrain Toast</b> with Butter</p> <p>.....</p> <p>Red Apple</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p>Two slices of <b>Ciabatta Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Orange</p>	<p>Creamy Almond &amp; Vanilla Oats</p> <p>Egg, Fetta, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Dried Plums</p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p>Egg, <b>Bacon</b> and Tomato on a toasted <b>English Multigrain Muffin</b></p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Creamy Cranberry &amp; Apple Oats</p> <p>Two slices of <b>Multigrain Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Two Eggs, Fetta and Smashed Avocado on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p><b>Multigrain Toast</b> with Butter and Apricot Jam</p> <p>Peach Yoghurt</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Tomato Bruschetta with Cream Cheese on two slices of <b>Ciabatta Toast</b></p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>.....</p> <p>Orange</p>	<p>Breakfast Wrap (Two Eggs, Spinach, Mushroom &amp; Capsicum with Cheese and BBQ Sauce)</p> <p>.....</p> <p>Red Apple</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter (2) and Vegemite</p> <p>.....</p> <p>Kiwifruit</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Cheese, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Dried Apricots</p>

## Lunch & afternoon snack

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

## Lunch & afternoon snack

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