

Week A

Breakfast & morning snack

This menu is for delivery weeks starting
30 May · 27 June · 25 July

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Ham, Egg & Cheese Melt in a Sandwich Thin</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Wholemeal & Seeds Toast with Butter and Vegemite</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Breakfast Wrap (Egg, Mushroom, Ham & Spinach with BBQ Sauce)</p> <p>.....</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce) on Ciabatta Toast</p> <p>.....</p> <p>Pear Cup</p>	<p>Almond Toasted Muesli with skim milk* Strawberry Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Creamy Almond & Vanilla Oats Multigrain Toast with Honey</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Two Eggs and Tomato on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Orange</p>
Optional	<p>Two Eggs and Tomato on Multigrain Toast</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Fresh Omelette (Two Eggs, Ham & Tomato Mix with Cheese)</p> <p>.....</p> <p>Mandarin</p>	<p>Maple, Pear & Walnut Bircher Muesli</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Nut Cluster Crunch with skim milk* Toasted English Fruit Muffin with Butter</p> <p>.....</p> <p>Red Apple</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Orange</p>	<p>Egg, Bacon and Tomato Chutney on Wholemeal & Seeds Toast</p> <p>.....</p> <p>Dried Apricots</p>	<p>Honey Muesli Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Mandarin</p>
Vegetarian	<p>Fruity Almond Crunch with skim milk* Multigrain Toast with Strawberry Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Café Style Beans with Spinach and an Egg on Soy & Linseed Toast</p> <p>.....</p> <p>Mandarin</p>	<p>Tomato Bruschetta with Cream Cheese on two slices of Ciabatta Toast</p> <p>.....</p> <p>Apricots & Pears</p>	<p>Fresh Omelette (Two Eggs and Mushroom, Spinach & Fetta Mix) on Multigrain Toast</p> <p>.....</p> <p>Kiwifruit</p>	<p>Creamy Cranberry & Apple Oats Wholemeal & Seeds Toast with Apricot Jam</p> <p>.....</p> <p>Mandarin</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Plum Jam</p> <p>.....</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

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken & Shredded Vegetable Salad with Roasted Peanuts and Thai Coconut Dressing Red Apple</p> <p>.....</p> <p>Cashews & Cranberries</p>	<p>Mediterranean Chicken Pizza with melted Cheese Mandarin</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Mini Beef Rissoles with Salad and Dressing Kiwifruit</p> <p>.....</p> <p>Savoury Nut Mix</p>	<p>Honey & Cinnamon Lamb with Cous Cous</p> <p>.....</p> <p>Golden Raisin Mix</p>	<p>Chicken Fajita Bowl Peach Cup</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Sliced Chicken, Tomato and Smashed Avocado in a Wrap Kiwifruit</p> <p>.....</p> <p>Passionfruit Yoghurt</p>	<p>Coconut Beef Curry Peach Cup</p> <p>.....</p> <p>Banana & Apple Bread</p>
Optional	<p>Roast Beef, Tomato and Mustard Relish on a Grain Roll Mandarin</p> <p>.....</p> <p>Cinnamon Oat Bar</p>	<p>Mexican Pulled Beef with Rice and Smashed Avocado</p> <p>.....</p> <p>Red Apple</p>	<p>Roast Pork and Apple Slaw with Caramelised Balsamic & Apple Dressing in a Wrap</p> <p>.....</p> <p>Peach Cup</p>	<p>Aromatic Chicken Curry Orange</p> <p>.....</p> <p>Apple & Cranberry Muffin</p>	<p>Ham, Cheese, Tomato and Tomato Chutney sandwich on Soy & Linseed</p> <p>.....</p> <p>Kiwifruit</p>	<p>Asian Meatballs with Jasmine Rice Mandarin</p> <p>.....</p> <p>Choc Hazelnut & Fruit Mix</p>	<p>Sliced Chicken, Tomato and Mayonnaise sandwich on Wholemeal & Seeds</p> <p>.....</p> <p>Red Apple</p>
Vegetarian	<p>Mexican Beans with Rice and Smashed Avocado</p> <p>.....</p> <p>Red Apple</p>	<p>Persian Style Chickpea & Cranberry Salad with Creamy Tahini Dressing</p> <p>.....</p> <p>Tropical Crush</p>	<p>Tofu, Noodles & Mixed Vegetables with Pad Thai Sauce Mandarin</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Cheese, Tomato, Cucumber and Tasty Relish sandwich on Rye</p> <p>.....</p> <p>Peach Cup</p>	<p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Cheesy Veg Lasagne Kiwifruit</p> <p>.....</p> <p>Rhubarb & Apple Yoghurt</p>	<p>Special Fried Rice with Tofu Red Apple</p> <p>.....</p> <p>Dry Roasted Almonds</p>

Week B

Breakfast & morning snack

This menu is for delivery weeks starting
6 June · 4 July · 1 August

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Bacon & Zucchini Bread with an Egg and Tomato Chutney Fruit Salad Cup	Bubble & Squeak Omelette (Two Eggs, Omelette Mix) on Ciabatta Toast Fresh Cut Fruit	Almond Toasted Muesli with skim milk* Multigrain Toast with Honey Orange	Ham, Cheese and Tomato Sandwich Thin Toastie Red Apple	Fruity Almond Crunch with skim milk* Rhubarb & Apple Yoghurt Peach Snack Cup	Egg, Smashed Avocado and Fetta on Ciabatta Toast Sunshine Fruit Mix	Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Kiwifruit
Optional	Fresh Omelette (Two Eggs, Roasted Vegetables Mix with Cheese) Pear Cup	Apple, Cranberry & Bran Flakes with skim milk* Ciabatta Toast with Peanut Butter Fresh Fruit	Bacon and Baked Beans on Wholemeal & Seeds Toast Peach Cup	Maple, Pear & Wheat Flakes with skim milk* Passionfruit Yoghurt Peach Snack Cup	Two Eggs, Fetta and Baby Spinach on Ciabatta Toast Red Apple	Nut Cluster Crunch with skim milk* Rye Toast with Plum Jam Kiwifruit	Egg, Bacon and Tomato Sandwich Thin Toastie Orange
Vegetarian	Nut Cluster Crunch with skim milk* Strawberry Yoghurt Peach Cup	Apple & Cinnamon Bircher Muesli Orange	Egg, Cherry Tomatoes, Avo & Fetta on Ciabatta Toast Peach & Pear Cup	Egg with Sautéed Brekkie Vegetables in Tomato Sauce on Multigrain Toast Mandarin	Apple, Cranberry & Bran Flakes with skim milk* Soy & Linseed Toast with Apricot Jam Peach & Pear Cup	Two Eggs and Tomato on a toasted English Multigrain Muffin Red Apple	Almond Toasted Muesli with skim milk* Vanilla Yoghurt Mandarin

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	Lemongrass Chicken Bites with Salad, Roasted Peanuts and Vietnamese Dressing Red Apple Lavosh Crackers with Tasty Relish	Chicken & Semi Dried Tomato Pesto Pasta Salad Cinnamon Apples	Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap Dried Plums	Southern Style Chicken with Roasted Pumpkin, Spinach & Rocket Salad and Lime & Jalapeno Dressing Orange	Aussie Beef Burger with Tomato, Baby Spinach, Beetroot and Tomato Sauce on a Grain Roll Mandarin	Spicy Korean Chicken Fried Rice Peach & Pear Cup Vanilla Yoghurt	Baked Potato Bolognese Fruit Salad Cup Dry Roasted Almonds
Optional	Reuben Style Sandwich (Corned Beef, Cheese, Slaw and Dressing in a toasted Sandwich Thin) Orange	Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Peach Snack Cup	Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll Red Apple	Beef & Sweet Potato Hot Pot Kiwifruit Mixed Nuts	Sliced Chicken, Tomato and Mild Chipotle Mayonnaise in a Wrap Orange Cheese & Crackers	Roast Beef, Cheese, Tomato and Caramelised Onion on a Grain Roll Mandarin	Ham, Cheese, Tomato and Corn Relish sandwich on Soy & Linseed Peach Snack Cup
Vegetarian	Semi Dried Tomato Pesto Pasta Salad with Bocconcini Orange	Curried Egg Spread and Baby Leaf on a Long Roll Peach Cup	Black Bean & Crunchy Slaw Salad with Zesty Dressing Red Apple Vanilla Yoghurt	Tofu & Mixed Grain Salad with Honey, Lime & Coconut Dressing Kiwifruit	Mexican Beans with Rice and Smashed Avocado Orange	Roasted Vegetable & Polenta Pasta Bake Pear Cup	Teriyaki Vegetables with Rice Fruit Salad Cup

Week C

Breakfast & morning snack

This menu is for delivery weeks starting
13 June · 11 July · 8 August

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>A</p> <p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>.....</p> <p>Tropical Crush</p>	<p>A</p> <p>Apple, Cranberry & Bran Flakes with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>A</p> <p>Honey Muesli Flakes with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>A</p> <p>Bacon, Tomato and Smashed Avocado on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>A</p> <p>Egg, Baby Spinach and Cream Cheese on Ciabatta Toast</p> <p>.....</p> <p>Golden Raisin Mix</p>	<p>A</p> <p>Creamy Cranberry & Apple Oats Soy & Linseed Toast with Peanut Butter</p> <p>.....</p> <p>Kiwifruit</p>	<p>A</p> <p>Egg, Bacon and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Orange</p>
Optional	<p>B</p> <p>Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>B</p> <p>Egg, Bacon and Mayonnaise on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>B</p> <p>Egg, Smoked Salmon & Baby Spinach and Cream Cheese on Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>Apple & Raspberry Bircher Muesli</p> <p>.....</p> <p>Orange</p>	<p>B</p> <p>Baked Beans and Cheese on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>B</p> <p>Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Pear Cup</p>	<p>B</p> <p>Nut Cluster Crunch with skim milk* Vanilla Yoghurt</p> <p>.....</p> <p>Mandarin</p>
Vegetarian	<p>C</p> <p>Tomato Bruschetta with Two Eggs on Ciabatta Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p>C</p> <p>Almond Toasted Muesli with skim milk* Passionfruit Yoghurt</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>C</p> <p>Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>.....</p> <p>Mandarin</p>	<p>C</p> <p>Breakfast Wrap (Egg, Spinach, Mushroom & Capsicum with BBQ Sauce)</p> <p>.....</p> <p>Kiwifruit</p>	<p>C</p> <p>Fruity Almond Crunch with skim milk* Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Dried Plums</p>	<p>C</p> <p>Egg, Fetta and Smashed Avocado on Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>C</p> <p>Two Eggs and Tomato on Wholemeal & Seeds Toast</p> <p>.....</p> <p>Orange</p>

Lunch & afternoon snack

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>A</p> <p>Chicken, Ham, Egg & Cheese Salad with Creamy Cheese Dressing</p> <p>.....</p> <p>Peach Cup</p>	<p>A</p> <p>Classic Supreme Pizza with melted Cheese Kiwifruit</p> <p>.....</p> <p>Lavosh Crackers with Beetroot Relish</p>	<p>A</p> <p>Southern Style Chicken Fillet with Slaw and Dressing on a toasted Burger Thin</p> <p>.....</p> <p>Sunshine Fruit Mix</p>	<p>A</p> <p>Chicken, Brown Rice & Quinoa Salad with Honey, Lime & Coconut Dressing</p> <p>.....</p> <p>Red Apple</p>	<p>A</p> <p>Mexican Pulled Beef with Rice and Smashed Avocado</p> <p>.....</p> <p>Orange</p>	<p>A</p> <p>Beef Satay Mandarin</p> <p>.....</p> <p>Chickpea Crisps & Cashews</p>	<p>A</p> <p>Chicken & Sweet Corn Soup with Ciabatta Toast and Butter Fruit Salad Cup</p> <p>.....</p> <p>White Chocolate Blush Cake</p>
Optional	<p>B</p> <p>Tuna, Cream Cheese and Cucumber sandwich on Soy & Linseed</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>Sweet Soy Chicken with Rice Mandarin</p> <p>.....</p> <p>Classic Choc & Oats Bar</p>	<p>B</p> <p>Slow Cooked Beef in Tomato & Paprika Sauce Orange</p> <p>.....</p> <p>Sweet Corn Fritters with Tomato Jam</p>	<p>B</p> <p>Hearty Beef & Barley Soup with Ciabatta Toast and Butter Pear Cup</p> <p>.....</p> <p>Banana & Apple Bread</p>	<p>B</p> <p>Sliced Chicken, Salad and Creamy Cheese Dressing in a Wrap</p> <p>.....</p> <p>Red Apple</p>	<p>B</p> <p>Roast Chicken & Gravy Peach Snack Cup</p> <p>.....</p> <p>Vanilla Yoghurt</p>	<p>B</p> <p>Roast Beef, Cheese, Tomato and Beetroot Relish on a Sandwich Thin Peach & Pear Cup</p> <p>.....</p> <p>Choc Chip & Orange Cake</p>
Vegetarian	<p>C</p> <p>Mixed Bean, Broccoli & Turmeric Rice Salad with Zesty Dressing</p> <p>.....</p> <p>Peach Cup</p>	<p>C</p> <p>Roasted Vegetables with Napoli Sauce and Boconcini on a Long Roll</p> <p>.....</p> <p>Mandarin</p>	<p>C</p> <p>Zucchini, Basil & Parmesan Soup with Ciabatta Toast and Butter Kiwifruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>	<p>C</p> <p>Veggie Burger, Salad, Smashed Avocado and Tasty Relish on a Sandwich Thin Pear Cup</p> <p>.....</p> <p>Strawberry Yoghurt</p>	<p>C</p> <p>Vegetarian Spaghetti Bolognese</p> <p>.....</p> <p>Red Apple</p>	<p>C</p> <p>Cheese, Tomato, Sliced Cucumber and Tasty Relish sandwich on Multigrain Toast Orange</p> <p>.....</p> <p>Apple, Cherry & Almond Cake</p>	<p>C</p> <p>Vegetable Curry & Rice Fruit Salad Cup</p> <p>.....</p> <p>Cheese & Crackers</p>

Week D

Breakfast & morning snack

This menu is for delivery weeks starting
20 June · 18 July · 15 August

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Fresh Omelette (Two Eggs, Sweet Potato, Ham & Cheese)</p> <p>Fresh Cut Fruit</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Multigrain Toast with Butter and Vegemite</p> <p>Fresh Fruit</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Vanilla Yoghurt</p> <p>Mandarin</p>	<p>Bacon & Mushroom Frittata with Tomato Jam on a toasted English Multigrain Muffin</p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* Wholemeal & Seeds Toast with Apricot Jam</p> <p>Kiwifruit</p>	<p>Egg, Ham and Tomato on Soy & Linseed Toast</p> <p>Red Apple</p>	<p>Egg, Fetta and Smashed Avocado on Ciabatta Toast</p> <p>Peach & Pear Cup</p>
Optional	<p>Blueberry & Chia Seed Yoghurt Wholemeal & Seeds Toast with Honey</p> <p>Kiwifruit</p>	<p>Bubble & Squeak Omelette (Two Eggs, Omelette Mix) on Ciabatta Toast</p> <p>Fresh Fruit</p>	<p>Creamy Almond & Vanilla Oats Soy & Linseed Toast with Peanut Butter</p> <p>Mandarin</p>	<p>Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Multigrain Toast with Plum Jam</p> <p>Kiwifruit</p>	<p>Bacon & Zucchini Bread with an Egg and Tomato Chutney</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* Rhubarb & Apple Yoghurt</p> <p>Red Apple</p>
Vegetarian	<p>Egg, Cheese, Baby Spinach and Tasty Relish on a toasted English Multigrain Muffin</p> <p>Kiwifruit</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p> <p>Red Apple</p>	<p>Baked Beans and Cheese on Multigrain Toast</p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Fruity Almond Crunch with skim milk* Vanilla Yoghurt</p> <p>Peach Snack Cup</p>	<p>Eggs Florentine (Egg, Baby Spinach and Florentine Sauce) on Ciabatta Toast</p> <p>Fruit Salad Cup</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Rye Toast with Strawberry Jam</p> <p>Orange</p>	<p>Two Eggs and Tomato on a toasted English Multigrain Muffin</p> <p>Red Apple</p>

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Popular	<p>Warm Moroccan Chicken & Cous Cous Salad with Yoghurt Dressing Red Apple</p> <p>Coconut, Espresso & Cashew Clusters</p>	<p>Chargrilled Lamb with Greek Style Salad, Fetta and Creamy Dressing Peaches & Apricots</p> <p>Rhubarb & Apple Yoghurt</p>	<p>Chicken, Apple & Walnut Salad with Caramelised Balsamic Dressing Kiwifruit</p> <p>Lavosh Crackers with Beetroot Relish</p>	<p>Roast Turkey, Tomato, Cucumber and Cranberry Sauce in a Wrap</p> <p>Pear Cup</p>	<p>Chargrilled Chicken Burger with Tomato, Baby Spinach, Parmesan and Tomato Chutney on a Grain Roll</p> <p>Mandarin</p>	<p>Koftas in Spiced Tomato Sauce Peach & Pear Cup</p> <p>Citrus & Coconut Cake</p>	<p>Thai Coconut & Lime Chicken Orange</p> <p>Roasted Maple Walnuts & Cashews</p>
Optional	<p>Aussie Beef Burger with Salad, Beetroot and Tomato Sauce on a Grain Roll</p> <p>Orange</p>	<p>Chicken & Crunchy Corn Salad with Garlic Lemon Vinaigrette Mandarin</p> <p>Pikelets with Strawberry Jam</p>	<p>Tasmanian Salmon Risotto Peach Cup</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Corned Beef, Cheese, Tomato and Fruit Chutney sandwich on Wholemeal & Seeds</p> <p>Red Apple</p>	<p>Spaghetti Carbonara Peach Cup</p> <p>Dry Roasted Almonds</p>	<p>Sliced Chicken, Tomato and Mayonnaise in a Wrap Fruit Salad Cup</p> <p>Passionfruit Yoghurt</p>	<p>Tuna, Cream Cheese and Cucumber sandwich on Soy & Linseed</p> <p>Peach Snack Cup</p>
Vegetarian	<p>Curried Egg Spread and Baby Leaf sandwich on Multigrain Fresh Fruit</p> <p>Pistachio, White Chocolate & Strawberries</p>	<p>Italian Roasted Vegetable Pizza with melted Cheese</p> <p>Peach Cup</p>	<p>Egg & Spinach, Tomato and Creamy Ranch Dressing in a Wrap</p> <p>Orange</p>	<p>Mediterranean Lentil Salad with Italian Dressing Peach Cup</p> <p>Ciabatta Toast with Butter and Vegemite</p>	<p>Tortilla Stack Peach Snack Cup</p> <p>Double Chocolate Cake</p>	<p>Wholesome Cauliflower & Cashew Soup with Ciabatta Toast and Butter Kiwifruit</p> <p>Savoury Nut Mix</p>	<p>Penne Pesto Pasta Orange</p> <p>Walnut & Date Cake</p>