

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

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Popular	<p>Chicken &amp; Shredded Vegetable Salad with Roasted Peanuts and Thai Coconut Dressing Red Apple</p> <p><b>Sultana Tea Cake</b> Cashews &amp; Cranberries</p>	<p>Mediterranean Chicken Pizza with melted Cheese Mandarin</p> <p>Classic Choc &amp; Oats Bar Corn Chips with Salsa Dip</p>	<p><b>Mini Beef Rissoles</b> with Salad and Dressing Kiwifruit</p> <p>Vanilla Yoghurt Maple Cashew Crunch</p>	<p><b>Honey &amp; Cinnamon Lamb with Cous Cous</b> Golden Raisin Mix</p> <p>Savoury Nut Mix</p>	<p><b>Chicken Fajita Bowl</b> Peach Cup</p> <p>Cheese &amp; Crackers</p>	<p>Sliced Chicken, Tomato and Smashed Avocado in a Wrap Kiwifruit</p> <p><b>Raspberry &amp; Apple Crumble</b></p>	<p><b>Coconut Beef Curry</b> Peach Cup</p> <p>9 Grain Crispbread with Butter and Vegemite <b>Banana &amp; Apple Bread</b></p>
Optional	<p>Roast Beef, Tomato and Mustard Relish on a <b>Grain Roll</b> Mandarin</p> <p>Choc Nut Bar</p>	<p>Mexican Pulled Beef with Rice and Smashed Avocado Red Apple</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Roast Pork</b> and Apple Slaw with Caramelised Balsamic &amp; Apple Dressing in a Wrap Peach Cup</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>Aromatic Chicken Curry</b> Orange</p> <p><b>Apple &amp; Cranberry Muffin</b> Almonds, Pretzels &amp; Peanuts</p>	<p>Ham, Cheese, Tomato and Tomato Chutney sandwich on <b>Soy &amp; Linseed</b> Kiwifruit</p> <p><b>Choc Chip &amp; Orange Cake</b></p>	<p><b>Asian Meatballs with Jasmine Rice</b> Mandarin</p> <p>Choc Hazelnut &amp; Fruit Mix Lavosh Crackers with Beetroot Relish</p>	<p>Sliced Chicken, Tomato and Mayonnaise sandwich on <b>Wholemeal &amp; Seeds</b> Red Apple</p> <p>Peanuts, Almonds &amp; Cashews</p>
Vegetarian	<p>Mexican Beans with Rice and Smashed Avocado Red Apple</p> <p>Strawberry Yoghurt with Yoghurt Sprinkle</p>	<p>Persian Style Chickpea &amp; Cranberry Salad with Creamy Tahini Dressing Tropical Crush</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Tofu, Noodles &amp; Mixed Vegetables with Pad Thai Sauce Mandarin</p> <p>Chickpea Crisps &amp; Cashews <b>Pikelets</b> with Strawberry Jam</p>	<p>Cheese, Tomato, Cucumber and Tasty Relish sandwich on <b>Rye</b> Peach Cup</p> <p><b>Double Chocolate Cake</b></p>	<p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b> Fruit Salad Cup</p> <p>Sesame Peanuts</p>	<p><b>Cheesy Veg Lasagne</b> Kiwifruit</p> <p>Rhubarb &amp; Apple Yoghurt Maple Cashew Crunch</p>	<p><b>Special Fried Rice with Tofu</b> Red Apple</p> <p>Choc &amp; Nut Mix</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	<p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p><b>Bacon &amp; Zucchini Bread</b> with an Egg and Tomato Chutney</p> <p>.....</p> <p>Fruit Salad Cup</p>	<p>Bubble &amp; Squeak Omelette (Two Eggs, Omelette Mix) on two slices of <b>Ciabatta Toast</b> with Butter</p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of <b>Multigrain Toast</b> with Butter and Honey</p> <p>.....</p> <p>Orange</p>	<p>Creamy Almond &amp; Vanilla Oats</p> <p>Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Red Apple</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Toasted <b>English Fruit Muffin</b> with Butter</p> <p>Rhubarb &amp; Apple Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Two Eggs, Fetta and Smashed Avocado on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Sunshine Fruit Mix</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>
Optional	<p>Fresh Omelette (Two Eggs, Roasted Vegetables with Cheese) on <b>Ciabatta Toast</b> with Butter</p> <p>.....</p> <p>Pear Cup</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p>Two slices of <b>Ciabatta Toast</b> with Peanut Butter (2)</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p>Baked Beans and <b>Bacon</b> on two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter</p> <p>.....</p> <p>Peach Cup</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk*</p> <p><b>Soy &amp; Linseed Toast</b> with Butter and Vegemite</p> <p>Passionfruit Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Two Eggs, Fetta and Baby Spinach on two slices of <b>Ciabatta Toast</b> with Butter</p> <p>.....</p> <p>Red Apple</p>	<p>Nut Cluster Crunch with skim milk*</p> <p>Two slices of <b>Rye Toast</b> with Butter and Plum Jam</p> <p>.....</p> <p>Kiwifruit</p>	<p>Fruity Almond Crunch with skim milk*</p> <p>Egg, <b>Bacon</b> and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Orange</p>
Vegetarian	<p>Nut Cluster Crunch with skim milk*</p> <p><b>Soy &amp; Linseed Toast</b> with Strawberry Jam</p> <p>Strawberry Yoghurt</p> <p>.....</p> <p>Peach Cup</p>	<p>Apple &amp; Cinnamon Bircher Muesli</p> <p><b>Rye Toast</b> with Plum Jam</p> <p>.....</p> <p>Orange</p>	<p>Two Eggs, Cherry Tomatoes, Avo &amp; Fetta on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p>Two Eggs with Sautéed Brekkie Vegetables in Tomato Sauce on two slices of <b>Multigrain Toast</b></p> <p>.....</p> <p>Mandarin</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk*</p> <p>Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Peach &amp; Pear Cup</p>	<p>Honey Muesli Flakes with skim milk*</p> <p>Two Eggs and Tomato on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Red Apple</p>	<p>Almond Toasted Muesli with skim milk*</p> <p><b>Soy &amp; Linseed Toast</b> with Peanut Butter</p> <p>Vanilla Yoghurt</p> <p>.....</p> <p>Mandarin</p>

## 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	<p><b>Lemongrass Chicken Bites</b> with Salad, Roasted Peanuts and Vietnamese Dressing</p> <p>Red Apple</p> <p>.....</p> <p><b>Banana &amp; Date Muffin</b></p> <p>Lavosh Crackers with Tasty Relish</p>	<p>Chicken &amp; Semi Dried Tomato Pesto Pasta Salad</p> <p>Cinnamon Apples</p> <p>.....</p> <p>Sesame Peanuts</p>	<p><b>Chargrilled Rissoles</b> with Greek Salad and Creamy Dressing in a Wrap</p> <p>Dried Plums</p> <p>.....</p> <p>Classic Choc &amp; Oats Bar</p>	<p><b>Southern Style Chicken</b> with Roasted Pumpkin, Spinach &amp; Rocket Salad and Lime &amp; Jalapeno Dressing</p> <p>Orange</p> <p>.....</p> <p>9 Grain Crispbread with Tomato and Smashed Avocado</p>	<p><b>Aussie Beef Burger</b> with Tomato, Baby Spinach, Beetroot and Tomato Sauce on a <b>Grain Roll</b></p> <p>Mandarin</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>Spicy Korean Chicken Fried Rice</b></p> <p>Peach &amp; Pear Cup</p> <p>.....</p> <p>Choc Nut Bar</p>	<p><b>Baked Potato Bolognese</b></p> <p>Fruit Salad Cup</p> <p>.....</p> <p>Cashews, Almonds &amp; Walnuts</p>
Optional	<p>Reuben Style Sandwich (Corned Beef, Cheese, Slaw and Dressing in a toasted <b>Sandwich Thin</b>)</p> <p>Orange</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>	<p>Quinoa &amp; Cranberry Slaw with Tuna and Lemon Vinaigrette</p> <p>Peach Snack Cup</p> <p>.....</p> <p>Mixed Nuts</p>	<p><b>Chargrilled Chicken Burger</b> with Salad, Parmesan and Tomato Chutney on a <b>Grain Roll</b></p> <p>Red Apple</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p><b>Beef &amp; Sweet Potato Hot Pot</b></p> <p>Kiwifruit</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p>	<p>Sliced Chicken, Tomato and Mild Chipotle Mayonnaise in a Wrap</p> <p>Orange</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion on a <b>Grain Roll</b></p> <p>Mandarin</p> <p>.....</p> <p><b>Walnut &amp; Date Cake</b></p>	<p>Ham, Cheese, Tomato and Corn Relish sandwich on <b>Soy &amp; Linseed</b></p> <p>Peach Snack Cup</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>
Vegetarian	<p>Semi Dried Tomato Pesto Pasta Salad with Boccconcini</p> <p>Orange</p> <p>.....</p> <p><b>Apple Crumble</b></p>	<p>Curried Egg Spread and Baby Leaf on a <b>Long Roll</b></p> <p>Peach Cup</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Black Bean &amp; Crunchy Slaw Salad with Zesty Dressing</p> <p>Red Apple</p> <p>.....</p> <p><b>White Chocolate Blush Cake</b></p> <p>Vanilla Yoghurt</p>	<p>Tofu &amp; Mixed Grain Salad with Honey, Lime &amp; Coconut Dressing</p> <p>Kiwifruit</p> <p>.....</p> <p><b>Ciabatta Toast</b> with Peanut Butter</p>	<p>Mexican Beans with Rice and Smashed Avocado</p> <p>Orange</p> <p>.....</p> <p><b>Sweet Corn Fritters</b> with Tomato Jam</p>	<p><b>Roasted Vegetable &amp; Polenta Pasta Bake</b></p> <p>Pear Cup</p> <p>.....</p> <p>Maple Coconut Crunch with Cranberries</p>	<p><b>Teriyaki Vegetables with Rice</b></p> <p>Fruit Salad Cup</p> <p>.....</p> <p><b>Sultana Tea Cake</b></p>

# 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><b>A</b></p> <p>Cheese, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b> Strawberry Yoghurt</p> <p>.....</p> <p>Tropical Crush</p>	<p><b>A</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>A</b></p> <p>Honey Muesli Flakes with skim milk* <b>Multigrain Toast</b> with Strawberry Jam Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p><b>A</b></p> <p>Maple, Pear &amp; Wheat Flakes with skim milk* <b>Bacon</b>, Tomato and Smashed Avocado on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Peach Cup</p>	<p><b>A</b></p> <p>Two Eggs, Baby Spinach and Cream Cheese on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Golden Raisin Mix</p>	<p><b>A</b></p> <p>Creamy Cranberry &amp; Apple Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p><b>A</b></p> <p>Almond Toasted Muesli with skim milk* Egg, <b>Bacon</b> and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Orange</p>
Optional	<p><b>B</b></p> <p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>.....</p> <p><b>Fresh Cut Fruit</b></p>	<p><b>B</b></p> <p>Fruity Almond Crunch with skim milk* Egg, <b>Bacon</b> and Mayonnaise on a toasted <b>English Multigrain Muffin</b></p> <p>.....</p> <p>Peach Cup</p>	<p><b>B</b></p> <p>Two Eggs, Smoked Salmon &amp; Baby Spinach and Cream Cheese on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>B</b></p> <p>Apple &amp; Raspberry Bircher Muesli <b>Soy &amp; Linseed Toast</b> with Apricot Jam</p> <p>.....</p> <p>Orange</p>	<p><b>B</b></p> <p>Baked Beans and Cheese on a toasted <b>English Multigrain Muffin</b> Passionfruit Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p><b>B</b></p> <p>Apple, Cranberry &amp; Bran Flakes with skim milk* Ham, Cheese and Tomato <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Pear Cup</p>	<p><b>B</b></p> <p>Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seeds Toast</b> with Butter and Strawberry Jam Vanilla Yoghurt</p> <p>.....</p> <p>Mandarin</p>
Vegetarian	<p><b>C</b></p> <p>Creamy Almond &amp; Vanilla Oats Tomato Bruschetta with Two Eggs on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p><b>Fresh Fruit</b></p>	<p><b>C</b></p> <p>Almond Toasted Muesli with skim milk* <b>Wholemeal &amp; Seeds Toast</b> with Butter and Vegemite Passionfruit Yoghurt</p> <p>.....</p> <p>Peaches &amp; Apricots</p>	<p><b>C</b></p> <p>Nut Cluster Crunch with skim milk* Egg, Cheese &amp; Hollandaise <b>Sandwich Thin Toastie</b></p> <p>.....</p> <p>Mandarin</p>	<p><b>C</b></p> <p>Breakfast Wrap (Two Eggs, Spinach Mushroom &amp; Capsicum with Cheese and BBQ Sauce)</p> <p>.....</p> <p>Kiwifruit</p>	<p><b>C</b></p> <p>Fruity Almond Crunch with skim milk* Two slices of <b>Soy &amp; Linseed Toast</b> with Butter and Apricot Jam</p> <p>.....</p> <p>Dried Plums</p>	<p><b>C</b></p> <p>Two Eggs, Fetta and Smashed Avocado on two slices of <b>Ciabatta Toast</b></p> <p>.....</p> <p>Red Apple</p>	<p><b>C</b></p> <p>Two Eggs and Tomato on two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter</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><b>A</b></p> <p>Chicken, Ham, Egg &amp; Cheese Salad with Creamy Cheese Dressing Peach Cup</p> <p>.....</p> <p><b>Banana &amp; Date Muffin</b></p>	<p><b>A</b></p> <p>Classic Supreme Pizza with melted Cheese Kiwifruit</p> <p>.....</p> <p>Cashews, Almonds &amp; Walnuts</p>	<p><b>A</b></p> <p><b>Southern Style Chicken Fillet</b> with Slaw and Dressing on a toasted <b>Grain Roll</b> Sunshine Fruit Mix</p> <p>.....</p> <p>Cheese &amp; Crackers</p>	<p><b>A</b></p> <p>Chicken, Brown Rice &amp; Quinoa Salad with Honey, Lime &amp; Coconut Dressing Red Apple</p> <p>.....</p> <p><b>Pikelets</b> with Strawberry Jam</p>	<p><b>A</b></p> <p>Mexican Pulled Beef with Rice and Smashed Avocado Orange</p> <p>.....</p> <p><b>Rice Pudding with Blueberry &amp; Apple Compote</b></p>	<p><b>A</b></p> <p><b>Beef Satay</b> Mandarin</p> <p>.....</p> <p>Chickpea Crisps &amp; Cashews Cinnamon Oat Bar</p>	<p><b>A</b></p> <p><b>Chicken &amp; Sweet Corn Soup</b> with <b>Ciabatta Toast</b> and Butter Fruit Salad Cup</p> <p>.....</p> <p><b>White Chocolate Blush Cake</b> Choc Cranberry Trail Mix</p>
Optional	<p><b>B</b></p> <p>Tuna, Cream Cheese and Cucumber sandwich on <b>Soy &amp; Linseed</b> Red Apple</p> <p>.....</p> <p>Lavosh Crackers with Tasty Relish</p>	<p><b>B</b></p> <p><b>Sweet Soy Chicken with Rice</b> Mandarin</p> <p>.....</p> <p>Choc Nut Bar</p>	<p><b>B</b></p> <p><b>Slow Cooked Beef in Tomato &amp; Paprika Sauce</b> Orange</p> <p>.....</p> <p>Pistachio, White Chocolate &amp; Strawberries <b>Sweet Corn Fritters</b> with Tomato Jam</p>	<p><b>B</b></p> <p><b>Hearty Beef &amp; Barley Soup</b> with <b>Ciabatta Toast</b> and Butter Pear Cup</p> <p>.....</p> <p><b>Banana &amp; Apple Bread</b> Corn Chips with Salsa Dip</p>	<p><b>B</b></p> <p>Sliced Chicken, Salad and Creamy Cheese Dressing in a Wrap Red Apple</p> <p>.....</p> <p>Savoury Nut Mix</p>	<p><b>B</b></p> <p><b>Roast Chicken &amp; Gravy</b> Peach Snack Cup</p> <p>.....</p> <p>Vanilla Yoghurt Maple Cashew Crunch</p>	<p><b>B</b></p> <p>Roast Beef, Cheese, Tomato and Beetroot Relish on a <b>Sandwich Thin</b> Peach &amp; Pear Cup</p> <p>.....</p> <p>Peanuts, Almonds &amp; Cashews</p>
Vegetarian	<p><b>C</b></p> <p>Mixed Bean, Broccoli &amp; Turmeric Rice Salad with Zesty Dressing Peach Cup</p> <p>.....</p> <p>Almonds, Pretzels &amp; Peanuts</p>	<p><b>C</b></p> <p>Roasted Vegetables with Napoli Sauce and Boconcini on a <b>Long Roll</b> Mandarin</p> <p>.....</p> <p><b>Double Chocolate Cake</b></p>	<p><b>C</b></p> <p><b>Zucchini, Basil &amp; Parmesan Soup</b> with <b>Ciabatta Toast</b> and Butter Kiwifruit</p> <p>.....</p> <p>Choc Cranberry Trail Mix 9 Grain Crispbread with Tomato and Smashed Avocado</p>	<p><b>C</b></p> <p><b>Veggie Burger</b>, Salad, Smashed Avocado and Tasty Relish on a <b>Sandwich Thin</b> Pear Cup</p> <p>.....</p> <p>Choc Nut Bar</p>	<p><b>C</b></p> <p><b>Vegetarian Spaghetti Bolognese</b> Red Apple</p> <p>.....</p> <p><b>Raspberry &amp; Apple Crumble</b></p>	<p><b>C</b></p> <p>Cheese, Tomato, Sliced Cucumber and Tasty Relish sandwich on <b>Multigrain Toast</b> Orange</p> <p>.....</p> <p><b>Apple, Cherry &amp; Almond Cake</b> Passionfruit Yoghurt</p>	<p><b>C</b></p> <p><b>Vegetable Curry &amp; Rice</b> Fruit Salad Cup</p> <p>.....</p> <p>Cheese &amp; 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 &amp; Cheese) on two slices of <b>Ciabatta Toast</b></p> <p>Fresh Cut Fruit</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Multigrain Toast</b> with Butter (2) and Vegemite</p> <p>Fresh Fruit</p>	<p>Apple, Cranberry &amp; Bran Flakes with skim milk* <b>Rye Toast</b> with Strawberry Jam Vanilla Yoghurt</p> <p>Mandarin</p>	<p>Nut Cluster Crunch with skim milk* <b>Bacon &amp; Mushroom Frittata</b> with Tomato Jam on a toasted <b>English Multigrain Muffin</b></p> <p>Orange</p>	<p>Honey Muesli Flakes with skim milk* Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Apricot Jam</p> <p>Kiwifruit</p>	<p>Two Eggs, Ham and Tomato on two slices of <b>Soy &amp; Linseed Toast</b></p> <p>Red Apple</p>	<p>Two Eggs, Fetta and Smashed Avocado on two slices of <b>Ciabatta Toast</b></p> <p>Peach &amp; Pear Cup</p>
Optional	<p>Blueberry &amp; Chia Seed Yoghurt Two slices of <b>Wholemeal &amp; Seeds Toast</b> with Butter and Honey</p> <p>Kiwifruit</p>	<p>Bubble &amp; Squeak Omelette (Two Eggs, Omelette Mix) on two slices of <b>Ciabatta Toast</b> with Butter</p> <p>Fresh Fruit</p>	<p>Creamy Almond &amp; Vanilla Oats Two slices of <b>Soy &amp; Linseed Toast</b> with Peanut Butter and Honey</p> <p>Mandarin</p>	<p>Egg, Cheese &amp; Hollandaise <b>Sandwich Thin Toastie</b> Vanilla Yoghurt</p> <p>Orange</p>	<p>Almond Toasted Muesli with skim milk* Two slices of <b>Multigrain Toast</b> with Butter and Plum Jam</p> <p>Kiwifruit</p>	<p><b>Bacon &amp; Zucchini Bread</b> with an Egg and Tomato Chutney Vanilla Yoghurt</p> <p>Orange</p>	<p>Nut Cluster Crunch with skim milk* <b>Wholemeal &amp; Seeds Toast</b> with Apricot Jam Rhubarb &amp; Apple Yoghurt</p> <p>Red Apple</p>
Vegetarian	<p>Almond Toasted Muesli with skim milk* Egg, Cheese, Baby Spinach and Tasty Relish on a toasted <b>English Multigrain Muffin</b></p> <p>Kiwifruit</p>	<p>Honey Muesli Flakes with skim milk* Cheese, Tomato and Smashed Avocado <b>Sandwich Thin Toastie</b></p> <p>Red Apple</p>	<p>Baked Beans and Cheese on two slices of <b>Multigrain Toast</b></p> <p>Sweet Pineapple Bites with Passionfruit</p>	<p>Fruity Almond Crunch with skim milk* <b>Soy &amp; Linseed Toast</b> with Plum Jam Vanilla Yoghurt</p> <p>Peach Snack Cup</p>	<p>Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of <b>Ciabatta Toast</b></p> <p>Fruit Salad Cup</p>	<p>Maple, Pear &amp; Wheat Flakes with skim milk* Two slices of <b>Rye Toast</b> with Butter and Strawberry Jam</p> <p>Orange</p>	<p>Creamy Almond &amp; Vanilla Oats Two Eggs and Tomato on a toasted <b>English Multigrain Muffin</b></p> <p>Red Apple</p>

## 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	<p>Warm Moroccan <b>Chicken &amp; Cous Cous</b> Salad with Yoghurt Dressing Red Apple</p> <p>Choc &amp; Nut Mix</p>	<p><b>Chargrilled Lamb</b> with Greek Style Salad, Fetta and Creamy Dressing Peaches &amp; Apricots</p> <p>Rhubarb &amp; Apple Yoghurt Almonds, Pretzels &amp; Peanuts</p>	<p>Chicken, Apple &amp; Walnut Salad with Caramelised Balsamic Dressing Kiwifruit</p> <p><b>Apple &amp; Cranberry Muffin</b> Lavosh Crackers with Beetroot Relish</p>	<p>Roast Turkey, Tomato, Cucumber and Cranberry Sauce in a Wrap</p> <p>Pear Cup Choc Nut Bar</p>	<p><b>Chargrilled Chicken Burger</b> with Tomato, Baby Spinach, Parmesan and Tomato Chutney on a <b>Grain Roll</b></p> <p>Mandarin Mixed Nuts</p>	<p><b>Koftas in Spiced Tomato Sauce</b></p> <p>Peach &amp; Pear Cup</p> <p><b>Citrus &amp; Coconut Cake</b> Savoury Nut Mix</p>	<p><b>Thai Coconut &amp; Lime Chicken</b></p> <p>Orange</p> <p>Roasted Maple Walnuts &amp; Cashews Corn Chips with Salsa Dip</p>
Optional	<p><b>Aussie Beef Burger</b> with Salad, Beetroot and Tomato Sauce on a <b>Grain Roll</b></p> <p>Orange</p> <p>Cheese &amp; Crackers</p>	<p>Chicken &amp; Crunchy Corn Salad with Garlic Lemon Vinaigrette Mandarin</p> <p>Maple Cashew Crunch <b>Pikelets</b> with Strawberry Jam</p>	<p><b>Tasmanian Salmon Risotto</b></p> <p>Peach Cup</p> <p>Rhubarb &amp; Apple Yoghurt Maple Coconut Crunch with Cranberries</p>	<p>Corned Beef, Cheese, Tomato and Fruit Chutney sandwich on <b>Wholemeal &amp; Seeds</b></p> <p>Red Apple</p> <p><b>Double Chocolate Cake</b></p>	<p><b>Spaghetti Carbonara</b></p> <p>Pear Cup</p> <p>Cashews, Almonds &amp; Walnuts</p>	<p>Sliced Chicken, Tomato and Mayonnaise in a Wrap Fruit Salad Cup</p> <p>Passionfruit Yoghurt Cashews &amp; Cranberries</p>	<p>Tuna, Cream Cheese and Cucumber sandwich on <b>Soy &amp; Linseed</b></p> <p>Peach Snack Cup</p> <p><b>Sweet Corn Fritters</b> with Tomato Jam</p>
Vegetarian	<p>Curried Egg Spread and Baby Leaf sandwich on <b>Multigrain Fresh Fruit</b></p> <p><b>Choc Chip &amp; Orange Cake</b> Pistachio, White Chocolate &amp; Strawberries</p>	<p>Italian Roasted Vegetable Pizza with melted Cheese Peach Cup</p> <p>9 Grain Crispbread with Peanut Butter</p>	<p>Egg &amp; Spinach, Tomato and Creamy Ranch Dressing in a Wrap Orange</p> <p>Coconut, Espresso &amp; Cashew Clusters</p>	<p>Mediterranean Lentil Salad with Italian Dressing Pear Cup</p> <p><b>Rice Pudding</b></p>	<p><b>Tortilla Stack</b></p> <p>Peach Snack Cup</p> <p><b>Double Chocolate Cake</b> Chickpea Crisps &amp; Cashews</p>	<p><b>Wholesome Cauliflower &amp; Cashew Soup</b> with <b>Ciabatta Toast</b> and Butter</p> <p>Kiwifruit</p> <p>Cinnamon Oat Bar Savoury Nut Mix</p>	<p><b>Penne Pesto Pasta</b></p> <p>Orange</p> <p>Choc &amp; Nut Mix</p>