

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

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

Lunch & afternoon snack

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Popular	<p>Lemongrass Chicken Bites with Salad, Roasted Peanuts and Vietnamese Dressing Red Apple</p> <p>.....</p> <p>Banana & Date Muffin Lavosh Crackers with Tasty Relish</p>	<p>Chicken & Semi Dried Tomato Pesto Pasta Salad Cinnamon Apples</p> <p>.....</p> <p>Sesame Peanuts</p>	<p>Chargrilled Rissoles with Greek Salad and Creamy Dressing in a Wrap Dried Plums</p> <p>.....</p> <p>Classic Choc & Oats Bar</p>	<p>Southern Style Chicken with Roasted Pumpkin, Spinach & Rocket Salad and Lime & Jalapeno Dressing Orange</p> <p>.....</p> <p>9 Grain Crispbread with Tomato and Smashed Avocado</p>	<p>Aussie Beef Burger with Tomato, Baby Spinach, Beetroot and Tomato Sauce on a Grain Roll Mandarin</p> <p>.....</p> <p>Pikelets with Strawberry Jam</p>	<p>Spicy Korean Chicken Fried Rice Peach & Pear Cup</p> <p>.....</p> <p>Choc Nut Bar</p>	<p>Baked Potato Bolognese Fruit Salad Cup</p> <p>.....</p> <p>Cashews, Almonds & Walnuts</p>
Optional	<p>Reuben Style Sandwich (Corned Beef, Cheese, Slaw and Dressing in a toasted Sandwich Thin) Orange</p> <p>.....</p> <p>Peanuts, Almonds & Cashews</p>	<p>Quinoa & Cranberry Slaw with Tuna and Lemon Vinaigrette Peach Snack Cup</p> <p>.....</p> <p>Mixed Nuts</p>	<p>Chargrilled Chicken Burger with Salad, Parmesan and Tomato Chutney on a Grain Roll Red Apple</p> <p>.....</p> <p>Vanilla Yoghurt with Yoghurt Sprinkle</p>	<p>Beef & Sweet Potato Hot Pot Kiwifruit</p> <p>.....</p> <p>Almonds, Pretzels & Peanuts</p>	<p>Sliced Chicken, Tomato and Mild Chipotle Mayonnaise in a Wrap Orange</p> <p>.....</p> <p>Cheese & Crackers</p>	<p>Roast Beef, Cheese, Tomato and Caramelised Onion on a Grain Roll Mandarin</p> <p>.....</p> <p>Walnut & Date Cake</p>	<p>Ham, Cheese, Tomato and Corn Relish sandwich on Soy & Linseed Peach Snack Cup</p> <p>.....</p> <p>Choc Cranberry Trail Mix</p>
Vegetarian	<p>Semi Dried Tomato Pesto Pasta Salad with Bocconcini Orange</p> <p>.....</p> <p>Apple Crumble</p>	<p>Curried Egg Spread and Baby Leaf on a Long Roll Peach Cup</p> <p>.....</p> <p>Corn Chips with Salsa Dip</p>	<p>Black Bean & Crunchy Slaw Salad with Zesty Dressing Red Apple</p> <p>.....</p> <p>White Chocolate Blush Cake Vanilla Yoghurt</p>	<p>Tofu & Mixed Grain Salad with Honey, Lime & Coconut Dressing Kiwifruit</p> <p>.....</p> <p>Ciabatta Toast with Peanut Butter</p>	<p>Mexican Beans with Rice and Smashed Avocado Orange</p> <p>.....</p> <p>Sweet Corn Fritters with Tomato Jam</p>	<p>Roasted Vegetable & Polenta Pasta Bake Peach Cup</p> <p>.....</p> <p>Maple Coconut Crunch with Cranberries</p>	<p>Teriyaki Vegetables with Rice Fruit Salad Cup</p> <p>.....</p> <p>Sultana Tea Cake</p>
Snacks for A, B & C options	<p>Sweet Soy Chicken with Rice</p>	<p>Choc Chip & Orange Cake Cheese & Crackers</p>	<p>Beef Satay</p>	<p>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie</p>	<p>Wholesome Cauliflower & Cashew Soup with Multigrain Toast and Butter</p>	<p>Vanilla Yoghurt Maple Coconut Crunch with Cranberries</p>	<p>Sliced Chicken, Tomato and Mayonnaise on a Long Roll</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>Cheese, Tomato and Smashed Avocado Sandwich Thin Toastie Strawberry Yoghurt</p> <p>.....</p> <p>Tropical Crush</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Two slices of Wholemeal & Seeds Toast with Butter and Apricot Jam</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Honey Muesli Flakes with skim milk* Multigrain Toast with Strawberry Jam Vanilla Yoghurt</p> <p>.....</p> <p>Red Apple</p>	<p>Maple, Pear & Wheat Flakes with skim milk* Bacon, Tomato and Smashed Avocado on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>Two Eggs, Baby Spinach and Cream Cheese on two slices of Ciabatta Toast</p> <p>.....</p> <p>Golden Raisin Mix</p>	<p>Creamy Cranberry & Apple Oats Two slices of Soy & Linseed Toast with Peanut Butter and Honey</p> <p>.....</p> <p>Kiwifruit</p>	<p>Almond Toasted Muesli with skim milk* Egg, Bacon and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Orange</p>
Optional	<p>Maple, Pear & Wheat Flakes with skim milk* Two slices of Rye Toast with Butter and Strawberry Jam</p> <p>.....</p> <p>Fresh Cut Fruit</p>	<p>Fruity Almond Crunch with skim milk* Egg, Bacon and Mayonnaise on a toasted English Multigrain Muffin</p> <p>.....</p> <p>Peach Cup</p>	<p>Two Eggs, Smoked Salmon & Baby Spinach and Cream Cheese on two slices of Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Apple & Raspberry Bircher Muesli Soy & Linseed Toast with Apricot Jam</p> <p>.....</p> <p>Orange</p>	<p>Baked Beans and Cheese on a toasted English Multigrain Muffin Passionfruit Yoghurt</p> <p>.....</p> <p>Peach Snack Cup</p>	<p>Apple, Cranberry & Bran Flakes with skim milk* Ham, Cheese and Tomato Sandwich Thin Toastie</p> <p>.....</p> <p>Pear Cup</p>	<p>Nut Cluster Crunch with skim milk* Wholemeal & Seeds Toast with Butter and Strawberry Jam Vanilla Yoghurt</p> <p>.....</p> <p>Mandarin</p>
Vegetarian	<p>Creamy Almond & Vanilla Oats Tomato Bruschetta with Two Eggs on two slices of Ciabatta Toast</p> <p>.....</p> <p>Fresh Fruit</p>	<p>Almond Toasted Muesli with skim milk* Wholemeal & Seeds Toast with Butter and Vegemite Passionfruit Yoghurt</p> <p>.....</p> <p>Peaches & Apricots</p>	<p>Nut Cluster Crunch with skim milk* Egg, Cheese & Hollandaise Sandwich Thin Toastie</p> <p>.....</p> <p>Mandarin</p>	<p>Breakfast Wrap (Two Eggs, Spinach Mushroom & Capsicum with Cheese and BBQ Sauce)</p> <p>.....</p> <p>Kiwifruit</p>	<p>Fruity Almond Crunch with skim milk* Two slices of Soy & Linseed Toast with Butter and Apricot Jam</p> <p>.....</p> <p>Dried Plums</p>	<p>Two Eggs, Fetta and Smashed Avocado on two slices of Ciabatta Toast</p> <p>.....</p> <p>Red Apple</p>	<p>Two Eggs and Tomato on two slices of Wholemeal & Seeds Toast with Butter</p> <p>.....</p> <p>Orange</p>

Lunch & afternoon snack

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

Lunch & afternoon snack

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