

Breakfast
and morning snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------|---|---|--|---|--|--|--|
| Popular | <p>A</p> <p>Creamy Cranberry & Apple Oats</p> <p>Two slices of Wholemeal & Seed Toast with Peanut Butter and Strawberry Jam</p> <p>Fresh Fruit</p> | <p>A</p> <p>Fruity Almond Crunch with skim milk*</p> <p>Bacon and Egg Mayo on a toasted Multigrain Muffin</p> <p>Fruit</p> | <p>A</p> <p>Honey Muesli Flakes with skim milk*</p> <p>Fruit & Grain Loaf with Butter</p> <p>Mango Yoghurt</p> <p>Orange Juice</p> | <p>A</p> <p>Bacon, two Eggs and Fresh Breakfast Tomato on two slices of Multigrain Toast</p> <p>Mandarin</p> | <p>A</p> <p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with skim milk*</p> <p>Rye Toast with Plum Jam</p> <p>Orange</p> | <p>A</p> <p>Almond Toasted Muesli with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Strawberry Jam</p> <p>Peach Snack Cup</p> | <p>A</p> <p>Nut Cluster Crunch with skim milk*</p> <p>Egg and Bacon & Zucchini Bread with Tomato Chutney</p> <p>Red Apple</p> |
| Optional | <p>B</p> <p>Almond Oat Crunch with skim milk*</p> <p>Toasted Fruit Muffin with Butter and Apricot Jam</p> <p>Red Apple</p> | <p>B</p> <p>Berry Bircher Muesli with Honey Yoghurt</p> <p>Soy & Linseed Toast with Apricot Jam</p> <p>Orange</p> | <p>B</p> <p>Nut Cluster Crunch with skim milk*</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Rye Toast</p> <p>Green Apple</p> | <p>B</p> <p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</p> <p>Peach & Pear Cup</p> | <p>B</p> <p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Fruit Salad Cup</p> | <p>B</p> <p>Beans n' Bacon with Cheese on two slices of Multigrain Toast</p> <p>Mandarin</p> | <p>B</p> <p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Marmalade</p> <p>Kiwifruit</p> |

Lunch
and afternoon snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|--|--|--|--|--|
| Popular | <p>A</p> <p>Thai Salad with Sliced Chicken and Hoisin Dressing</p> <p>Pear Cup</p> <p>Double Chocolate Cake</p> <p>Soy & Linseed Toast with Guacamole and Tomato</p> | <p>A</p> <p>Mediterranean Salad with Sliced Chicken, Fetta and Italian Dressing</p> <p>Tropical Crush</p> <p>Savoury Nut Mix</p> <p>Walnut & Date Cake</p> | <p>A</p> <p>Meatlovers Pasta Bake</p> <p>Mandarin</p> <p>Cinnamon Oat Bar</p> <p>Almonds, Pretzels & Peanuts</p> | <p>A</p> <p>LARGER MEAL</p> <p>Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</p> <p>Golden Raisin Mix</p> <p>Spinach & Fetta Muffin</p> | <p>A</p> <p>Indian Chicken Rice</p> <p>Red Apple</p> <p>Mixed Berry Yoghurt</p> <p>Roasted Maple Walnuts & Cashews</p> | <p>A</p> <p>Creamy Tuscan Style Chicken</p> <p>Orange</p> <p>Corn Chips with Salsa Dip</p> <p>Apple & Cranberry Muffin</p> | <p>A</p> <p>LARGER MEAL</p> <p>Sliced Roast Chicken, Smashed Avocado and Tomato in a Wrap</p> <p>Fruit Salad Cup</p> <p>Pikelets and Strawberry Jam</p> |
| Optional | <p>B</p> <p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed</p> <p>Orange</p> <p>Passionfruit Yoghurt</p> <p>Apple, Cherry & Almond Cake</p> | <p>B</p> <p>Roast Beef, Salad and Corn Relish Sandwich on Soy & Linseed</p> <p>Green Apple</p> <p>Choc Cranberry Trail Mix</p> <p>Multigrain Rice Crackers with Salsa Dip</p> | <p>B</p> <p>Tuna, Baby Cucumber and Mayonnaise Sandwich on Multigrain</p> <p>Peach Snack Cup</p> <p>Sweetly Salted Popcorn</p> <p>Ciabatta Toast with Peanut Butter</p> | <p>B</p> <p>Chicken Noodle Soup with Ciabatta Toast and Butter</p> <p>Red Apple</p> <p>Banana & Apple Bread</p> <p>Mixed Nuts</p> | <p>B</p> <p>Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll</p> <p>Mandarin</p> <p>Lavosh Crackers and Cheese</p> <p>Classic Choc & Oats Bar</p> | <p>B</p> <p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed</p> <p>Kiwifruit</p> <p>Tropical Peanuts</p> <p>9 Grain Crispbread with Butter and Vegemite</p> | <p>B</p> <p>Baked Potato Bolognese</p> <p>Orange</p> <p>Dry Roasted Almonds</p> <p>Apple & Sultana Pancake</p> |
| Additional snacks for both A & B options | Spaghetti Bolognese | Peanuts, Almonds & Cashews Sultana Tea Cake | Chicken & Cashew Bowl | Seasoned Chicken with Mushroom Risotto | Apple Crumble Sweet Corn Fritters with Tomato Jam | Fruit & Nut Cookie Spinach & Fetta Muffin | Penne Pesto Pasta Popcorn |



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer

Breakfast
and morning snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---------|--|---|---|---|---|--|---|
| Popular | <p>Apple, Cranberry & Bran Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</p> <p>Fruit</p> | <p>Two Eggs, Tomato & Spinach with Smashed Avocado and Fetta on two slices of Oat & Rye Toast</p> <p>Red Apple</p> | <p>Nut Cluster Crunch with skim milk*</p> <p>Multigrain Toast with Honey</p> <p>Vanilla Yoghurt</p> <p>Mandarin</p> | <p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Red Apple</p> | <p>Fruity Almond Crunch with skim milk*</p> <p>Two slices of Soy & Linseed Toast with Butter and Apricot Jam</p> <p>Orange</p> | <p>Honey Muesli Flakes with skim milk*</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Multigrain Toast</p> <p>Mandarin</p> | <p>Granola Clusters & Crimson Raisins with skim milk*</p> <p>Two slices of Rye Toast with Butter and Plum Jam</p> <p>Peach Snack Cup</p> |
| | Optional | <p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Kiwifruit</p> | <p>Honey Muesli Flakes with skim milk*</p> <p>Two slices of Wholemeal & Seed Toast with Peanut Butter and Strawberry Jam</p> <p>Mandarin</p> | <p>Almond Toasted Muesli with skim milk*</p> <p>Smokehouse Ham, Tasty Cheese and Tomato on Soy & Linseed Toast</p> <p>Orange Juice</p> | <p>LARGER SERVE</p> <p>Cranberry Coconut Crunch with Honey Yoghurt</p> <p>Ciabatta Toast with Plum Jam</p> <p>Orange</p> | <p>Tasty Beef Mix with Cheese on two slices of Multigrain Toast</p> <p>Fruit Salad Cup</p> | <p>Creamy Cranberry & Apple Oats</p> <p>Rye Toast with Marmalade</p> <p>Mixed Berry Yoghurt</p> <p>Red Apple</p> |

Lunch
and afternoon snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---------|---|---|---|---|--|--|---|
| Popular | <p>Classic Supreme Pizza with melted Cheese</p> <p>Fresh Fruit</p> <p>Popcorn</p> <p>Date & Ginger Cookie</p> | <p>Lemongrass Chicken Bites on a Layered Salad with Roasted Peanuts and Vietnamese Dressing</p> <p>Berries & Cherries with Vanilla Yoghurt and Slivered Almonds</p> <p>Peanuts & Rice Crackers</p> | <p>Tomato & Quinoa Salad with Crispy Bacon and Tomato Vinaigrette</p> <p>Vanilla Pears with Orange Syrup</p> <p>9 Grain Crispbread with Butter and Vegemite</p> <p>Sultana Tea Cake</p> | <p>Hokkien Stir Fry Noodles</p> <p>Peach Cup</p> <p>Choc Hazelnut & Fruit Mix</p> <p>Sweet Corn Fritters with Tomato Jam</p> | <p>Butter Chicken Wrap with Baby Cucumber and Raita</p> <p>Red Apple</p> <p>Passionfruit Yoghurt</p> <p>Cashews & Cranberries</p> | <p>Roast Lamb</p> <p>Peach & Pear Cup</p> <p>Sweet Pumpkin Mini Muffin</p> <p>Dry Roasted Almonds</p> | <p>Mexican Chicken Stack</p> <p>Orange</p> <p>Almonds, Pretzels & Peanuts</p> <p>Cinnamon Oat Bar</p> |
| | Optional | <p>LARGER MEAL</p> <p>Sliced Chicken, Salad and Cranberry Sauce Sandwich on Rye</p> <p>Pear Cup</p> <p>Peanuts, Almonds & Cashews</p> | <p>Pumpkin Soup with Oat & Rye Toast and Butter</p> <p>Green Apple</p> <p>Mixed Nuts</p> <p>Pikelets and Strawberry Jam</p> | <p>Salmon, Baby Cucumber and Mayonnaise on a Long Multigrain Roll</p> <p>Red Apple</p> <p>Double Chocolate Cake</p> <p>Roasted Peanut & Savoury Mix</p> | <p>LARGER MEAL</p> <p>Smoked Beef, Tasty Cheese, Tomato and Mustard Relish Sandwich on Rye</p> <p>Mandarin</p> <p>Fruit & Nut Cookie</p> | <p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Soy & Linseed</p> <p>Dried Apricots</p> <p>Almond & Mango Fruit Mix</p> <p>Sweetly Salted Popcorn</p> | <p>Sliced Roast Chicken, Tomato and Mayonnaise on a Grain Roll</p> <p>Orange</p> <p>Multigrain Rice Crackers with Salsa Dip</p> <p>Banana & Date Muffin</p> |

Additional snacks for both A & B options

| | | | | | | |
|---|---|--|--|---|--|--------------------------|
| <p>Rice Pudding</p> <p>Corn Chips with Salsa Dip</p> | <p>Pulled Texas BBQ Lamb</p> <p>Choc Cranberry Trail Mix</p> | <p>Creamy Chicken Pasta with Broccoli</p> | <p>Savoury Nut Mix</p> <p>Apple & Sultana Pancake</p> | <p>Tomato Soup with two slices of Ciabatta Toast and Butter</p> | <p>Lavosh Crackers and Cheese</p> <p>Classic Choc & Oats Bar</p> | <p>Beef Satay</p> |
|---|---|--|--|---|--|--------------------------|



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)

Items in red are stored in the freezer

Eating meals in day order will ensure optimum freshness & nutritional balance

Order online at liteneasy.com.au

Breakfast
and morning snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------|---|--|---|---|---|---|---|
| Popular | Almond & Honey Oat Crunch with Vanilla Yoghurt and Peaches Wholemeal & Seed Toast with Butter and Vegemite Fruit | Pumpkin & Corn Fritters with Bacon, two Eggs, Cheese and Tomato Chutney Fresh Fruit | Creamy Almond & Vanilla Oats Two slices of Multigrain Toast with Butter and Strawberry Jam Orange | Eggs Florentine (Two Eggs, Baby Spinach and Florentine Sauce) on two slices of Ciabatta Toast Mandarin | Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mixed Berry Yoghurt Orange Juice | Bacon , two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin Peach Snack Cup | LARGER SERVE Cranberry Coconut Crunch with Vanilla Yoghurt Ciabatta Toast with Apricot Jam Red Apple |
| Optional | Nut Cluster Crunch with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin Orange | Fruity Almond Crunch with skim milk* Two slices of Multigrain Toast with Butter and Marmalade Peach Snack Cup | Bacon , two Eggs and Fresh Breakfast Tomato on Wholemeal & Seed Toast with Butter Pear Cup | Granola Clusters & Crimson Raisins with skim milk* Two slices of Rye Toast with Butter and Apricot Jam Kiwifruit | Almond Oat Crunch with skim milk* Toasted Fruit Muffin with Butter and Plum Jam Green Apple | Almond Toasted Muesli with skim milk* Rye Toast with Strawberry Jam Passionfruit Yoghurt Mandarin | Beans n' Bacon with Cheese on two slices of Soy & Linseed Toast Peach & Pear Cup |

Lunch
and afternoon snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|---|---|--|--|---|---|--|
| Popular | LARGER MEAL Sliced Roast Chicken with Apple & Walnut Salad and Honey Mustard Dressing Peaches & Apricots Mixed Nuts | Spaghetti Bolognaise Mandarin Multigrain Rice Crackers with Salsa Dip Apple, Cherry & Almond Cake | Sliced Roast Chicken with Beetroot & Baby Leaf Salad and French Vinaigrette Sunshine Fruit Mix Double Choc Berry Pudding Savoury Nut Mix | Chicken Teriyaki Peach Cup Mango Yoghurt Maple Coconut Crunch with Cranberries | LARGER MEAL Chicken Breast Fillet, Bacon , Tomato, Baby Spinach and Mayonnaise on a Grain Roll Red Apple Lavosh Crackers and Cheese | Beef & Broccolini Stir Fry Orange Roasted Peanut & Savoury Mix Apple & Sultana Pancake | Sliced Roast Chicken, Tomato and Mayonnaise in a Wrap Fruit Salad Cup Sweetly Salted Popcorn Double Chocolate Cake |
| Optional | Smoked Beef, Tomato and Fruit Chutney Sandwich on Wholemeal & Seed Kiwifruit 9 Grain Crispbread with Butter and Vegemite Almond & Mango Fruit Mix | Roast Chicken Tender , Tomato and Mayonnaise on a Long Multigrain Roll Green Apple Vanilla Yoghurt Almonds, Pretzels & Peanuts | Tomato Soup with Ciabatta Toast and Butter Mandarin Peanuts & Rice Crackers Cinnamon Oat Bar | Smokehouse Ham, Baby Spinach and Mayonnaise on a Grain Roll Red Apple Date & Ginger Cookie Ciabatta Toast with Guacamole & Tomato | Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain Mandarin Corn Chips Tropical Peanuts | Tuna, Tomato and Mayonnaise Sandwich on Soy & Linseed Red Apple Cashews & Cranberries Ricotta Spinach Cake | Penne Pesto Pasta Orange Walnut & Date Cake Dry Roasted Almonds |
| Additional snacks for both A & B options | Chicken Noodle Soup with two slices of Ciabatta Toast and Butter | Roasted Maple Walnuts & Cashews Sweet Pumpkin Mini Muffin | Creamy Chicken & Risoni | Spinach & Fetta Muffin Choc Hazelnut & Fruit Mix | Roast Chicken & Gravy Popcorn | Ciabatta Toast with Peanut Butter Raspberry & Apple Crumble | Moroccan Lamb Hotpot |



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer

Breakfast
and morning snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------------|---|---|---|--|---|---|---|
| Popular | <p>A</p> <p>Fresh Omelette (Two Eggs, Ham & Mushroom Mix and Cheese) with two slices of Ciabatta Toast</p> <p>Pear Cup</p> | <p>A</p> <p>Almond Toasted Muesli with skim milk* Soy & Linseed Toast with Peanut Butter Passionfruit Yoghurt</p> <p>Fresh Fruit</p> | <p>A</p> <p>Bacon, two Eggs, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Fruit</p> | <p>A</p> <p>Apple, Cranberry & Bran Flakes with skim milk* Two slices of Rye Toast with Butter and Apricot Jam</p> <p>Mandarin</p> | <p>A</p> <p>Nut Cluster Crunch with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on Wholemeal & Seed Toast</p> <p>Red Apple</p> | <p>A</p> <p>Granola Clusters & Crimson Raisins with skim milk* Two slices of Soy & Linseed Toast with Butter and Plum Jam</p> <p>Orange</p> | <p>A</p> <p>Almond Toasted Muesli with skim milk* Pikelets with Strawberry Compote and Honey Yoghurt</p> <p>Mandarin</p> |
| Optional | <p>B</p> <p>Creamy Almond & Vanilla Oats Two slices of Soy & Linseed Toast with Butter and Honey</p> <p>Red Apple</p> | <p>B</p> <p>Honey Muesli Flakes with skim milk* Smokehouse Ham, Tasty Cheese and Tomato on a toasted Multigrain Muffin</p> <p>Orange</p> | <p>B</p> <p>Berry Bircher Muesli with Honey Yoghurt Wholemeal & Seed Toast with Strawberry Jam</p> <p>Green Apple</p> | <p>B</p> <p>Almond Oat Crunch with skim milk* Toasted Fruit Muffin with Butter and Marmalade</p> <p>Fruit Salad Cup</p> | <p>B</p> <p>Honey Muesli Flakes with skim milk* Soy & Linseed Toast with Peanut Butter Mango Yoghurt</p> <p>Orange Juice</p> | <p>B</p> <p>Two Eggs and Tomato on two slices of Multigrain Toast with Butter</p> <p>Peach Snack Cup</p> | <p>B</p> <p>Nut Cluster Crunch with skim milk* Two slices of Wholemeal & Seed Toast with Butter (2) and Vegemite</p> <p>Green Apple</p> |

Lunch
and afternoon snack

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|--|---|--|---|---|--|
| Popular | <p>A</p> <p>Sliced Roast Chicken with Crunchy Corn Salad and Garlic Lemon Vinaigrette Orange Ciabatta Toast with Guacamole and Tomato Banana & Date Muffin</p> | <p>A</p> <p>Chef's Salad with Sautéed Potato & Bacon and French Vinaigrette Peaches with Raspberry Sauce Fruit & Nut Cookie Roasted Peanut & Savoury Mix</p> | <p>A</p> <p>Beef Nachos with Fresh Tomato Salsa and melted Cheese Sweet Pineapple Bites Vanilla Yoghurt Classic Choc & Oats Bar</p> | <p>A</p> <p>Roast Chicken Penne Red Apple Dry Roasted Almonds Sweet Pumpkin Mini Muffin</p> | <p>A</p> <p>Soy Chicken Tender, Baby Cucumber and Peking BBQ Sauce in a Wrap Peach Snack Cup Choc Cranberry Trail Mix Corn Chips with Salsa Dip</p> | <p>A</p> <p>Pulled Texas BBQ Lamb Red Apple Lavosh Crackers and Cheese Choc Hazelnut & Fruit Mix</p> | <p>A</p> <p>Country Vegetable & Bacon Soup with Ciabatta Toast and Butter Peach & Pear Cup Banana & Apple Bread Peanuts, Almonds & Cashews</p> |
| Optional | <p>B</p> <p>Corned Beef, Tomato and Mustard Relish Sandwich on Wholemeal & Seed Kiwifruit Mixed Berry Yoghurt Sweet Corn Fritters with Tomato Jam</p> | <p>B</p> <p>Tasmanian Salmon Risotto Red Apple Popcorn Double Chocolate Cake</p> | <p>B</p> <p>Sliced Roast Chicken, Baby Spinach and Mayonnaise in a Wrap Mandarin Roasted Maple Walnuts & Cashews Light Fruit Cake</p> | <p>LARGER MEAL B</p> <p>Roast Beef, Beetroot, Baby Spinach and Caramelised Onion Sandwich on Soy & Linseed Sunshine Fruit Mix Spinach & Fetta Muffin</p> | <p>B</p> <p>Shepherd's Pie Orange Almonds, Pretzels & Peanuts Sultana Tea Cake</p> | <p>B</p> <p>Sliced Chicken, Tomato and Mayonnaise on a Grain Roll Mandarin Apple, Cherry & Almond Cake Peanuts & Rice Crackers</p> | <p>B</p> <p>Tasty Cheese, Tomato and Caramelised Onion Sandwich on Multigrain Kiwifruit Savoury Popped Sorghum Mix Date & Ginger Cookie</p> |
| Additional snacks for both A & B options | Italian Spaghetti & Meatballs | Aromatic Chicken Curry | Apricot Pudding Sweetly Salted Popcorn | Choc Berry Fusion Mixed Nuts | Cinnamon Oat Bar 9 Grain Crispbread with Butter and Vegemite | Pumpkin Soup with two slices of Ciabatta Toast and Butter | Mexican Chicken Stack |



Depending on seasonality, your **Fresh Fruit** for the week may include grapes, pineapple, melons or strawberries.



* You supply 1.75 litres of calcium enriched skim milk per week (1 cup a day)



Items in red are stored in the freezer