This menu is for delivery weeks starting 29 February 2016 • 28 March 2016 • 25 April 2016

**Week A 1200**

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<tr>
<td>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce on Ciabatta Toast)</td>
<td>Almond Toasted Muesli with skim milk*</td>
<td>Multigrain Toast with Honey</td>
<td>Honey Muesli Flakes with skim milk*</td>
<td>Wholegrain &amp; Oat Toast with Strawberry Jam</td>
<td>Fruit n Muesli Toast with Butter</td>
<td>Bacon, Egg and Tomato on a toasted Multigrain Muffin</td>
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<tr>
<td>Vanilla Pears with Orange Syrup</td>
<td>Orange</td>
<td>Red Apple</td>
<td>Peach Cup</td>
<td>Peach Cup</td>
<td>Red Apple</td>
<td>Kiwifruit</td>
</tr>
<tr>
<td>Smokehouse Ham, Egg and Tomato on Multigrain Toast</td>
<td>Fruity Almond Crunch with skim milk*</td>
<td>Smokehouse Ham, Egg and Tomato on Multigrain Toast</td>
<td>Fruity Almond Crunch with skim milk*</td>
<td>Bacon, Egg and Tomato on a toasted Multigrain Muffin</td>
<td>Creamy Almond &amp; Vanilla Oats Multigrain Toast with Peanut Butter</td>
<td>Nut Cluster Crunch with skim milk*</td>
</tr>
<tr>
<td>Cranberry Coconut Crunch with skim milk*</td>
<td>Cool Apple</td>
<td>Multigrain Toast with Marmalade</td>
<td>Red Apple</td>
<td>Creamy Almond &amp; Vanilla Oats Multigrain Toast with Peanut Butter</td>
<td>Kiwifruit</td>
<td>Orange</td>
</tr>
<tr>
<td>Peach &amp; Pear Cup</td>
<td>Orange</td>
<td>Peach &amp; Pear Cup</td>
<td>Green Apple</td>
<td>Kiwifruit</td>
<td>Orange</td>
<td>Pear Cup</td>
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<tr>
<td>Lunch and afternoon snack</td>
<td>Lunch and afternoon snack</td>
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<tr>
<td>Chicken &amp; Roasted Tomato Pasta Salad Fresh Fruit</td>
<td>Salad and Mediterranean Chicken Wrap with Salad and Mild Chipotle Mayonnaise</td>
<td>Fresh Fruit</td>
<td>Beef Rissoles with Fresh Tomato Salsa and melted Cheese</td>
<td>Tasty Cheese, Tomato and Caramelised Onion Soy &amp; Linseed Sandwich Green Apple</td>
<td>Chicken Nachos with Fresh Tomato Salsa and melted Cheese</td>
<td>Shepherd's Pie Red Apple</td>
</tr>
<tr>
<td>Tomato Bruschetta on Ciabatta Toast</td>
<td>Blueberry Yoghurt</td>
<td>Tropical Fruit, Cranberries &amp; Toasted Coconut with Vanilla Yoghurt</td>
<td>Fried Apricots</td>
<td>Savoury Popped Sorghum Mix</td>
<td>Roasted Tomato</td>
<td>Corn &amp; Parmesan Muffin</td>
</tr>
<tr>
<td>Smoked Beef, Salad and Fruit Chutney Multigrain Sandwich Fruit Salad Cup</td>
<td>Larger Meal Chicken Spaghetti Bolognese</td>
<td>Tasty Cheese, Tomato and Caramelised Onion Soy &amp; Linseed Sandwich Green Apple</td>
<td>Orange</td>
<td>Cinnamon Oat Bar</td>
<td>Smokehouse Ham, Tasty Cheese, Tomato and Baby Spinach on a Grain Roll</td>
<td>Sliced Chicken Breast, Guacamole and Tomato in a Wrap Peach Cup</td>
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<tr>
<td>Mango Yoghurt</td>
<td>Kiwifruit</td>
<td>Kiwifruit</td>
<td>Peach Cup</td>
<td>Multigrain Rice Crackers</td>
<td>Multigrain Rice</td>
<td>Choc Cranberry Trail Mix</td>
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</table>

**Less than 175 litres of skim milk a week (1 cup a day)**

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

**Order online at liteneasy.com.au**
This menu is for delivery weeks starting 7 March 2016 • 4 April 2016 • 2 May 2016

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

You supply 1.75 litres of skim milk a week (1 cup a day)

Order online at liteneasy.com.au
This menu is for delivery weeks starting
14 March 2016 • 11 April 2016 • 9 May 2016

Order online at liteneasy.com.au

Week C

Day 1

**Breakfast and morning snack**
- Fruity Almond Crunch with skim milk*
- Soy & Linseed Toast with Strawberry Jam
- Fresh Fruit

**Lunch and afternoon snack**
- Asian Chicken Salad with Crispy Noodles and Sesame Soy Dressing
- Fresh Fruit
- Banana & Apple Bread

Day 2

- Bacon and Egg Mayo on a Bagel
- Orange

- Smokehouse Ham, Egg and Tomato on Soy & Linseed Toast
- Pear Cup

- Turkey, Cranberry & Walnut Salad with Creamy Ranch Dressing
- Tropical Crush
- Popcorn

- Sliced Roast Chicken Breast on a Mixed Spinach Salad with Croutons and French Vinaigrette
- Peaches & Apricots
- Double Choc Berry Pudding

Day 3

- Nut Cluster Crunch with skim milk*
- Multigrain Toast with Honey
- Red Apple

- Sliced Chicken Breast, Baby Cucumber and Cranberry Sauce Wholegrain & Oat Sandwich
- Red Apple

- Tomato Soup with two slices of Ciabatta Toast
- Green Apple

Day 4

- Smokehouse Ham, Egg and Fresh Breakfast Tomato or Wholegrain & Oat Toast
- Fruit Salad Cup

- Sliced Chicken Breast, Baby Cucumber and Cranberry Sauce Wholegrain & Oat Sandwich
- Roasted Almonds

- Green Apple

Day 5

- Almond Toasted Muesli with skim milk* Blueberry Yoghurt
- Red Apple

- Roast Chicken Tender, Tomato and Mayonnaise on a Long Multigrain Roll
- Sweetly Salted Popcorn

- Almond & Mango Fruit Mix

Day 6

- Sautéed Breakfast Vegetables with Egg and Fetta Cheese on Oat & Rye Toast
- Pear Cup

- Spaghetti Carbonara
- Peach Cup

- Salmon, Tomato and Mayonnaise on a Long Multigrain Roll
- Dried Apricots

Day 7

- Fruit & Bran Cereal with skim milk*
- Multigrain Toast with Butter and Vegemite

- Creamy Almond & Vanilla Oats Multigrain Toast with Strawberry Jam

- Savoury Mince with Smashed Peas & Tomato on Soy & Linseed Toast

- Kiwifruit

*Items in red are stored in the freezer

**Popular**

**Optional**

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

You supply 1.75 litres of skim milk a week (1 cup a day)
### Week D

#### 1200

**This menu is for delivery weeks starting**
21 March 2016 • 18 April 2016 • 16 May 2016

**Lite n’ Easy**
Simply eat well

#### Breakfast and morning snack

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<tr>
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<tr>
<td>Creamy Almond &amp; Vanilla Oats</td>
<td>Fresh Omelette (Two Eggs, Ham &amp; Tomato Mix and Cheese)</td>
<td>Honey Muesli Flakes with skim milk*</td>
<td>Bacon, Egg and Tomato on Wholegrain &amp; Oat Toast</td>
<td>Pikelets with Strawberry Compote and Honey Yoghurt</td>
<td>Pikelets with Strawberry Compote and Honey Yoghurt</td>
<td>Smokehouse Ham, Egg and Tomato on Multigrain Toast</td>
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<tr>
<td>Fruit n Muesli Toast with Butter</td>
<td>Red Apple</td>
<td>Fruit</td>
<td>Apricots &amp; Pears</td>
<td>Peach Cup</td>
<td>Orange</td>
<td>Red Apple</td>
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<td>Peach Cup</td>
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<td>Orange</td>
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<td>Golden Raisin Mix</td>
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#### Lunch and afternoon snack

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<tr>
<td>Warm Chicken &amp; Cous Cous</td>
<td>Chicken Dim Sims with Canton Dressing</td>
<td>Italian Spaghetti &amp; Meatballs</td>
<td>Sweet Chicken Curry</td>
<td>Sliced Roast Chicken Breast, Guacamole and Tomato in a Wrap</td>
<td>Steak &amp; Mushroom Pie</td>
<td>Chicken Breast Fillet, Bacon, Tomato and Mayonnaise on a Grain Roll</td>
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<tr>
<td>Moroccan Salad with Yoghurt Dressing</td>
<td>Orange</td>
<td>Sweet Pineapple Bites</td>
<td>Red Apple</td>
<td>Kiwifruit</td>
<td>Sunshine Fruit Mix</td>
<td>Peach &amp; Pear Cup</td>
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<td></td>
<td></td>
<td>Fresh Cut Carrots and Hummus</td>
<td>Cinnamon Oat Bar</td>
<td>Lavosh Crackers and Cheese</td>
<td>*Week of March 21</td>
<td>Tasty Cheese, Tomato and Caramelised Onion Multigrain Sandwich</td>
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<td>Hot Cross Bun</td>
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### Optional

- Red Apple
- Fruit
- Apricots & Pears
- Peach Cup
- Green Apple
- Orange
- Golden Raisin Mix

### Useful Information

- Depending on seasonality, your Fresh Fruit for the week may include pineapple, melons, grapes or blueberries.
- You supply 1.75 litres of skim milk a week (1 cup a day)

*Order online at liteneasy.com.au*