**Order online at liteneasy.com.au**

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

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

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

---

**Week A**

**1200**

**Order online at liteneasy.com.au**

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

---

**This menu is for delivery weeks starting**

15 Aug 2016 • 12 Sept 2016 • 10 Oct 2016

**Lite n’Easy**

Simply eat well

---

<table>
<thead>
<tr>
<th>Day</th>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Fresh Omelette <em>(Two Eggs, Ham &amp; Tomato Mix and Cheese)</em></td>
<td>Almond &amp; Honey Oat Crunch with Peaches and Vanilla Yoghurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit &amp; Bran Cereal with skim milk*</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Wholemeal &amp; Seed Toast with Plum Jam</em></td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>Almond &amp; Honey Oat Crunch with Peaches and Vanilla Yoghurt</td>
<td>Fruit &amp; Bran Cereal with skim milk*</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Wholemeal &amp; Seed Toast with Plum Jam</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin</td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>Fruit &amp; Bran Cereal with skim milk*</td>
<td><em>Wholemeal &amp; Seed Toast with Plum Jam</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin</td>
</tr>
<tr>
<td><strong>Day 4</strong></td>
<td>Fruit &amp; Bran Cereal with skim milk*</td>
<td><em>Wholemeal &amp; Seed Toast with Plum Jam</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin</td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td>Honey Muesli Flakes with skim milk*</td>
<td><em>Multigrain Toast with Strawberry Jam</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mandarin</td>
</tr>
<tr>
<td><strong>Day 6</strong></td>
<td><em>Multigrain Toast with Marmalade</em></td>
<td><em>Multigrain Toast with Marmalade</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Red Apple</td>
</tr>
<tr>
<td><strong>Day 7</strong></td>
<td><em>Multigrain Toast with Marmalade</em></td>
<td><em>Multigrain Toast with Marmalade</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Red Apple</td>
</tr>
</tbody>
</table>
**Week B**

**1200**

---

**Breakfast and morning snack**

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch and afternoon snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Eggs Benedict (Egg, Bacon, Baby Spinach and Hollandaise Sauce on Ciabatta Toast)</td>
<td>Warm Chicken &amp; Cous Cous Moroccan Salad with Yoghurt Dressing Tropical Crush</td>
</tr>
<tr>
<td>2</td>
<td>Fruity Almond Crunch with skim milk* Soy &amp; Linseed Toast with Honey Fresh Fruit</td>
<td>Asian Chicken Slaw with Tamari Flecks and Soy &amp; Mirin Dressing Pear Cup</td>
</tr>
<tr>
<td>3</td>
<td>Two Eggs and Tomato on Wholemeal &amp; Seed Toast Almond Toasted Muesli with skim milk* Multigrain Muffin</td>
<td>Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll</td>
</tr>
<tr>
<td>4</td>
<td>Almond Toasted Muesli with skim milk* Apricot Toast with Butter and Vegemite</td>
<td>Chicken Nachos with Fresh Tomato Salsa and melted Cheese Golden Raisin Mix</td>
</tr>
<tr>
<td>5</td>
<td>Toasted Fruit Muffin with Butter and Marmalade</td>
<td>Savoury Popped Sorghum Mix Maple Coconut Crunch with Cranberries</td>
</tr>
<tr>
<td>6</td>
<td>Fruity Almond Crunch with skim milk* Soy &amp; Linseed Toast with Butter and Marmite</td>
<td>Smoked Beef, Tomato and Fruit Chutney Sandwich on Soy &amp; Linseed Toast</td>
</tr>
<tr>
<td>7</td>
<td>Red Apple</td>
<td>Green Apple</td>
</tr>
</tbody>
</table>

---

**Larger serve**

- Cranberry Coconut Crunch with skim milk* Orange
- Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll
- Chicken Nachos with Fresh Tomato Salsa and melted Cheese Golden Raisin Mix
- Savoury Popped Sorghum Mix Maple Coconut Crunch with Cranberries
- Smoked Beef, Tomato and Fruit Chutney Sandwich on Soy & Linseed Toast
- Green Apple
- Passionfruit Yoghurt
- Peach & Pear Cup
- Honey Muesli Flakes with skim milk* Wholemeal & Seed Toast with Strawberry Jam
- Kiwifruit
- Red Apple
- Mandarin

---

**Optional**

- Popular
- Spinach
- Baby Spinach
- Muesli

---

**Popular**

- Orange
- Mango
- Peach
- Red Apple
- Green Apple
- Pear
- Mandarin
- Passionfruit
- Passionfruit
- Cranberry
- Blueberry

---

**Optional**

- Salmon Risotto
- Nachos
- Chicken
- Nasi Goreng
- Refried Beans
- Chicken
- Sausage
- Beef

---

**Larger meal**

- Beef Burger with Caramelised Onion, Tomato, Beetroot, Baby Spinach and Tomato Sauce on a Grain Roll
- Chicken Nachos with Fresh Tomato Salsa and melted Cheese Golden Raisin Mix
- Savoury Popped Sorghum Mix Maple Coconut Crunch with Cranberries
- Smoked Beef, Tomato and Fruit Chutney Sandwich on Soy & Linseed Toast
- Green Apple
- Passionfruit Yoghurt
- Peach & Pear Cup
- Honey Muesli Flakes with skim milk* Wholemeal & Seed Toast with Strawberry Jam
- Kiwifruit
- Red Apple
- Mandarin

---

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

---

**This menu is for delivery weeks starting**


---

**Lite n’ Easy**

Simply eat well

---

**Order online at liteneasy.com.au**

---

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

---

**Depending on seasonality, your Fresh Fruit for the week may include pineapple, melons or strawberries.**
Week C
1200

This menu is for delivery weeks starting

Order online at liteneasy.com.au

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

Items in red are stored in the freezer

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

Depending on seasonality, your
Fresh Fruit for the week may include
pineapple, melons or strawberries.
### Week D

**1200 Calorie Options**

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Bacon and Egg Mayo on a toasted Multigrain Muffin&lt;br&gt;Optional: Almond Toasted Muesli with skim milk*&lt;br&gt;Rye Toast with Apricot Jam&lt;br&gt;Popular: Fresh Fruit</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Roast Chicken &amp; Sweet Potato Salad with Fetta Cheese and French Vinaigrette&lt;br&gt;Pear Prune &amp; Apple Combo with Toasted Almonds and Vanilla Yoghurt&lt;br&gt;Popular: Comined Beef, Tomato, Baby Spinach and Mustard Relish Sandwich on Wholemeal &amp; Seed Kiwifruit&lt;br&gt;Optional: 9 Grain Crispbread with Butter and Vegemite</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Fruity Almond Crunch with skim milk*&lt;br&gt;Wholemeal &amp; Seed Toast with Apricot Jam&lt;br&gt;Optional: Fresh Fruit</td>
<td><strong>Larger Meal</strong>&lt;br&gt;BBQ Chicken &amp; Ham Pizza with melted Cheese&lt;br&gt;Mandarin&lt;br&gt;Popular: Pumpkin Soup with two slices of Oat &amp; Rye Toast&lt;br&gt;Red Apple&lt;br&gt;Optional: Cinnamon Oat Bar&lt;br&gt;Red Apple&lt;br&gt;Optional: Roasted Almonds</td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Smokehouse Ham, Tasty Cheese and Tomato on Soy &amp; Linseed Toast&lt;br&gt;Optional: Nut Cluster Crunch with skim milk*&lt;br&gt;Optional: Passionfruit Yoghurt</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Sliced Roast Chicken Breast on a Mixed Spinach Salad with Crotons and French Vinaigrette&lt;br&gt;Sweet Pineapple Bites&lt;br&gt;Optional: Apple Crumble&lt;br&gt;Optional: Popcorn</td>
</tr>
<tr>
<td><strong>Day 4</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Honey Muesli Flakes with skim milk*&lt;br&gt;Optional: Soy &amp; Linseed Toast with Peanut Butter&lt;br&gt;Optional: Red Apple</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Moroccan Lamb Hotpot&lt;br&gt;Red Apple&lt;br&gt;Optional: Lavosh Crackers and Cheese&lt;br&gt;Optional: Blueberry Yoghurt</td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Bacon, Egg and Fresh Breakfast Tomato on Multigrain Toast&lt;br&gt;Optional: Red Apple</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Broccoli &amp; Chicken Pasta Bake&lt;br&gt;Orange&lt;br&gt;Optional: Savoury Popped Sorghum Mix</td>
</tr>
<tr>
<td><strong>Day 6</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Fruit n Muesli Toast with Butter&lt;br&gt;Vanilla Yoghurt&lt;br&gt;Optional: Orange</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Smoked Beef, Tasty Cheese, Tomato and Mustard Relish Sandwich on Rye&lt;br&gt;Red Apple&lt;br&gt;Optional: Savoury Popped Sorghum Mix</td>
</tr>
<tr>
<td><strong>Day 7</strong></td>
<td><strong>Breakfast</strong>&lt;br&gt;Pikelets with Strawberry Compote and Honey Yoghurt&lt;br&gt;Optional: Pear Cup</td>
<td><strong>Larger Meal</strong>&lt;br&gt;Spaghetti Bolognaise&lt;br&gt;Dried Apricots&lt;br&gt;Optional: Multigrain Rice Crackers with Salsa</td>
</tr>
</tbody>
</table>

*Items in red are stored in the freezer.*

**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](http://liteneasy.com.au)