



Dates to remember

Deadline for booking meals for w/c Tuesday 4th September is midnight on Saturday 25th August! The summer menu will run until October half term when a new menu will be issued.

If you have any queries or require help booking online please contact Emma by telephone on 01403 741177 or by email

emma@theeasycompany.co.uk

Your children's meals are cooked fresh each day by our dedicated team so please understand that we are extremely busy until midday and may not be able to answer your call during that time.

Our food

Our meals are made fresh each day in our brand new state of the art production kitchen within a 15 mile radius of all of our schools. We source many ingredients locally.

We only use Free Range Eggs. We can trace all of our meat and fish back to its source. All fish is MSC.

All of our beef mince comes from farms in Sussex

We supply fresh white and brown bread from the bakery each day. We are reducing the amount of sugar in our menus by providing yoghurt and fruit 3 days and cakes and puddings only 2 days per week. Primary children in West Sussex now have on average 65% less sugar in their school meals compared with 3 years ago. Our food is GM free.

There are no 'hidden nasties' in our food only hidden veggies. A packed lunch consists of the advertised main item, a bottle of water, a piece of fruit, a portion of salad vegetables and either yoghurt or cake as per the main menu.

Points to remember

If you have a child in Reception, Year 1 or Year 2 they eat for free under the Governments Universal Infant Free School Meal Scheme (UIFSM).

Please order meals on line by visiting www.theeasycompany.co.uk

Meals for KS2 children must be ordered and paid for online.

If you are entitled to Free School Meals and your school has asked you to book your own meals online please ensure you contact Emma so that credits can be applied to your account. No credits = no meals.

If your child requires a special meal you must contact Emma and fill in a special dietary request form or no special meal will be provided.

You can change or cancel meals anytime within our deadlines which are 9 days in advance of the date you wish to book or cancel. For example, to book a meal for Monday 12th September you will need to book and pay for it by midnight on Saturday 3rd September. If you do not add credits to your account, the meal will not be supplied.

If your child is ill you can call us or email up to 9am on the day and a credit will be added to your account.

Cancellations for school trips must be made within the booking/cancellation deadlines –credits will not be given for a cancellation on the day.

To order meals please visit our website www.theeasycompany.co.uk or call **01403 741177** for more details

SUMMER MENU 2018

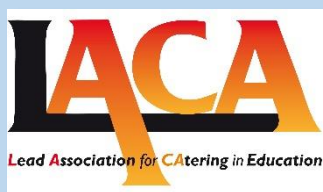
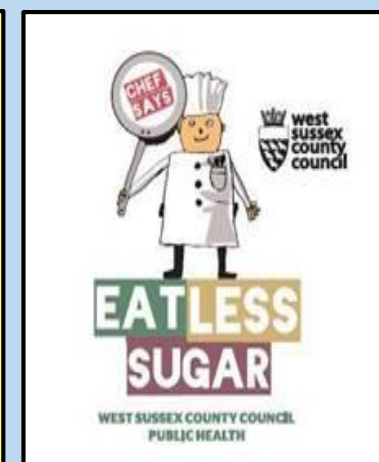
All children in Reception, Year1 and Year 2 eat for free every day!

Bread, milk, yoghurt and fruit will be available daily. Please note this menu is subject to availability and change. PLEASE NOTE THE PACKED LUNCH OPTION IS FOR KS2 ONLY

Week one This menu is for week commencing: Tuesday 4 September, 24 September, 15 October	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Penne with homemade tomato with cheesy topping	Chilli con carne with rice	Roast gammon and gravy served with roast potatoes	Chicken casserole with half a jacket potato	Breaded fish fillet and potatoes
	Vegetarian option	Spiced lentil and potato biryani	Penne with quorn pieces in a tomato and vegetable sauce	Quorn roast with vegetable gravy	Macaroni cheese	Mixed vegetable frittata with potatoes
	Lunch box option	Ham roll	Tuna pasta salad	Chicken roll	Ham and cheese muffin pizzas	Soft cheese roll
	Jacket potato	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
	Vegetables or salad	Mixed salad	Carrot and cucumber salad	Vegetable selection	Spinach, carrot and pepper salad	Peas and sweetcorn
	Pudding	Yoghurt	Cinnamon Flapjack	Yoghurt with a fruit slice	Raspberry ripple cake	Yoghurt with a fruit slice

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausage in a hot dog roll	Chicken, basil and tomato pasta	Roast pork and gravy served with roast potatoes,	Cheese and tomato pizzas	Salmon Fishcakes new potatoes,
Vegetarian option	Vegetarian sausage in a roll	Vegetable chilli with cheesy potato topping	Quorn roast with vegetable gravy	Spanish Tortilla omelette	Vegetarian meatballs in tomato sauce with penne
Lunch box option	Ham mayonnaise roll	Chicken roll	Carrot and hummus wrap	Cheese and cucumber roll	Cheese and tomato pizza slice
Jacket potato	Baked beans	Grated cheese	Grated cheese	Baked beans	Vegetable chilli
Vegetables or salad	Baked beans or salad	Spinach, carrot and pepper salad	Mixed vegetables	Spinach, carrot and cucumber salad	Peas and sweetcorn
Pudding	Yoghurt	Vanilla sponge	Yoghurt with a fruit slice	Chocolate and raspberry brownies	Yoghurt with a fruit slice

Week two
This menu is for week commencing:
Monday 10 September, 1 October



Week three This menu is for week commencing: Monday 17 September, 8 October	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Sliced gammon, half a jacket potato	BBQ burger in a bun with wedges	Roast turkey and gravy served with roast potatoes	Pasta bolognese bake	Breaded fish fillet with potatoes
	Vegetarian option	Vegetable and lentil lasagne	Veggie burger in a bun with wedges	Lentil roast with vegetable gravy	Quorn balls in tomato sauce w diced potatoes	Mediterranean vegetable frittata with potatoes
	Lunch box option	Cheese roll	Homemade pesto pasta salad	Ham salad wrap	Chicken roll	French bread pizza
	Jacket potato	Baked beans	Grated cheese	Grated cheese	Ratatouille	Grated cheese
	Vegetables or salad	Baked beans or mixed salad	Rainbow salad	Vegetable medley	Spinach carrot and pepper salad	Peas and sweet corn
	Pudding	Yoghurt	Orange drizzle cake	Yoghurt with fruit slice	Fruity oat slice	Yoghurt with a fruit slice

