



Dates to remember

Deadline for online bookings for after October half term is midnight Saturday 20th October

Deadline for online bookings for after Christmas is midnight Christmas Eve. Booking opens Wednesday 19th of December, so book then to avoid forgetting in the excitement of Christmas!

Deadline for online bookings for after February half term is midnight Saturday 16th February.

The Winter menu will run until the Easter holidays.

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.

Follow us on Instagram to see photos of meals and other interesting snippets - easylunchcompany

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

Meals cost £2.35. 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 to discuss their needs 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

WINTER MENU 2018/2019

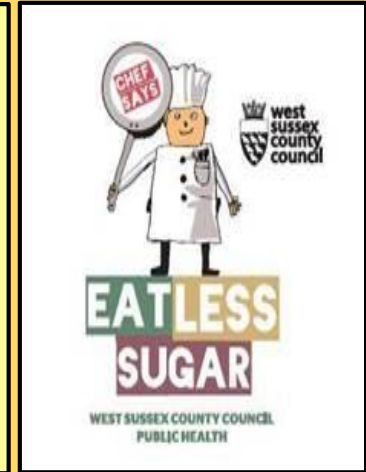
All children in Reception, Year1 and Year 2 eat for free every day!

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: Monday 29 October, 19 November, 10 December, 14 January, 4 February, 4 March, 25 March	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Cheesy tomato pasta	BBQ burger in a bun with potato wedges	Roast turkey and gravy served with roast potatoes	Mild chicken curry with rice	Salmon Fishcakes and baked new potatoes
	Vegetarian option	Vegetable and lentil lasagne	Meat free burger in a bun	Lentil roast with vegetable gravy	Cheesy tomato pasta	Sweetcorn and potato frittata
	Jacket Potato	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
	Lunch box option	Cheese roll	Homemade pesto pasta salad	Ham roll	Chicken roll	French bread pizza
	Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable medley	Mixed salad	Peas and sweet corn
	Pudding	Yoghurt	Fruity flapjack slice	Fresh fruit / yoghurt	Marble cake	Fresh fruit / yoghurt

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausage, half a jacket potato	Chicken and tomato pasta	Roast pork and gravy served with roast potatoes,	Cheese and tomato pizza	Fish in bread crumbs with baked new potatoes
Vegetarian option	Vegetable and lentil biryani	Quorn balls in tomato sauce w diced potatoes	Quorn roast with vegetable gravy	Roasted Mediterranean Vegetable frittata	Baked bean pasta bake
Jacket potato	Baked beans	Grated cheese	Grated cheese	Baked beans	Vegetable chilli
Lunch box option	Ham mayonnaise roll	Chicken roll	Carrot and hummus wrap	Cheese and cucumber roll	Cheese and tomato pizza slice
Vegetables or salad	Baked beans or salad	Rainbow salad	Mixed vegetables	Mixed salad	Peas and sweetcorn
Pudding	Yoghurt	Pineapple cake	Fresh fruit /yoghurt	Chocolate sponge	Fresh fruit/ yoghurt

Week two
This menu is for week commencing:
Monday 5 November, 26 November, Monday 17 December, Thurs 3 January, 21 January, 11 February, 11 March, Monday 1 April



Week three This menu is for week commencing: Monday 12 November, 3 December, 7 January, 28 January, 25 February, 18 March	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Sausages in a hotdog roll	Pasta bolognese bake	Roast gammon, and gravy served with roast potatoes	Chicken casserole with rice	Cod fillets with herb baked new potatoes
	Vegetarian option	Meat free hotdog	Chilli bean wrap	Quorn fillet with vegetable gravy	Macaroni cheese	Spanish frittata
	Jacket potato	Baked beans	Grated cheese	Grated cheese	Ratatouille	Grated cheese
	Lunch box option	Ham	Tuna pasta salad	Chicken roll	Ham and cheese muffin pizzas	Soft cheese roll
	Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable selection	Spinach, carrot and pepper salad	Peas and sweetcorn
Pudding	Yoghurt	Lemon drizzle cake	Fresh fruit /yoghurt	Pear and chocolate brownies	Fresh fruit /yoghurt	