

# Primary Summer Menu 2019



## Our food

Our meals are made fresh each day and all delivered within a 15 mile radius of our state-of-the-art kitchen.  
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 wholegrain bread daily.

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.theeasylunchcompany.co.uk](http://www.theeasylunchcompany.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 3<sup>rd</sup> 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.

## Dates to remember

Deadline for online bookings for after Easter is midnight Saturday 13th April

Deadline for online bookings for after May half term is midnight Saturday 25th May.

Deadline for online bookings for after Summer holidays is midnight Saturday 24th August – menu dates for September will be available in June.

The Summer menu will run until October half term.

If you have any queries or require help booking online please contact Emma by telephone on **01403 741177** or by email [emma@theeasylunchcompany.co.uk](mailto:emma@theeasylunchcompany.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.



# Primary Summer Menu 2019

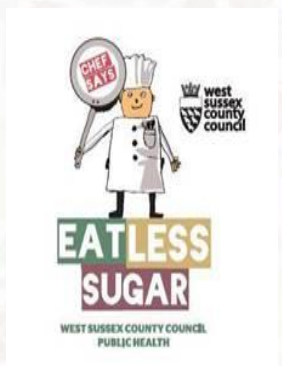
All children in Reception, Year 1 and Year 2 eat for free every day!

Bread, milk, yoghurt and fruit will be available daily. Please note this menu is subject to availability and change. **The packed lunch option is for KS2 only!**



<b>Week one</b> This menu is for week commencing: Tuesday 23 April, Monday 13 May, 10 June, 1 July, 22 July	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Main meal</b>	Cheesy tomato pasta bake	BBQ burger in a bun with potato wedges	Roast gammon and gravy served with roast potatoes	Sweet and sour chicken with rice	Fillet of fish in a bun with potatoes
	<b>Vegetarian option</b>	Vegetable and lentil lasagne	Veggie burger in a bun	Quorn fillet with vegetable gravy	Cheesy tomato pasta bake	Vegetable frittata with baked new potatoes
	<b>Jacket Potato</b>	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
	<b>Lunch box option</b>	Cheese roll	Homemade pesto pasta salad	Ham roll	Chicken roll	French bread pizza
	<b>Vegetables or salad</b>	Grated carrot and cucumber salad	Mixed salad	Vegetable medley	Asian salad	Peas and sweet corn
	<b>Pudding</b>	Yoghurt	Vanilla and strawberry sponge	Fresh fruit/ yoghurt	Chocolate and coconut brownie	Fresh fruit/ yoghurt

PLEASE NOTE THE MENU ON TUESDAY 23 APRIL WILL BE HOT DOGS/VEGGIE DOGS WITH BEANS/SALAD OR JACKET POTATO WITH BEANS FOLLOWED BY CHOCOLATE CHIP COOKIES.



Dish	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main meal</b>	Sausage in a hot dog roll	Pasta bolognese	Roast turkey and gravy served with roast potatoes	Cheese and tomato pizzas	Salmon Fishfingers with potatoes
<b>Vegetarian option</b>	Quorn sausage in a roll	Vegetable chilli hotpot	Quorn fillet with vegetable gravy	Roasted vegetable frittata with a bread roll	Spring vegetable pesto pasta
<b>Jacket Potato</b>	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
<b>Lunch box option</b>	Ham mayonnaise roll	Chicken roll	Carrot and hummus wrap	Cheese and cucumber roll	Cheese and tomato pizza slice
<b>Vegetables or salad</b>	Baked beans	Spinach, carrot and pepper salad	Mixed vegetables	Spinach, carrot and cucumber salad	Carrots and peas
<b>Pudding</b>	Yoghurt	Chocolate sponge	Fresh fruit/ yoghurt	Lemon and lime cake	Fresh fruit/ yoghurt

**Week Two**  
This menu is for week commencing:  
Monday 29 April,  
20 May, 17 June, 8 July

<b>Week Three</b> This menu is for week commencing: Tuesday 7 May, 3 June, 24 June, 15 July	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Main meal</b>	Chicken, sweetcorn and pesto pasta	Turkey meat balls in tomato sauce with Pilaf rice	Roast pork and gravy served with roast potatoes	Chili con carne with rice	White fish cake with potatoes
	<b>Vegetarian option</b>	Quorn meat balls in tomato sauce with penne	Spiced lentil and sweet potato curry	Lentil roast with vegetable gravy	Macaroni cheese	Spanish tortilla with potatoes
	<b>Jacket Potato</b>	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
	<b>Lunch box option</b>	Ham roll	Tuna pasta salad	Chicken roll	Ham and cheese muffin pizzas	Soft cheese roll
	<b>Vegetables or salad</b>	Mixed salad	Carrot and cucumber salad	Vegetable selection	Spinach, carrot and pepper salad	Baked beans
<b>Pudding</b>	Yoghurt	Flapjack slice	Fresh fruit/ yoghurt	Tropical fruit drizzle cake	Fresh fruit/ yoghurt	

