

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

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.

Dates to remember

The booking deadline for Monday 2nd September is Saturday 24th August.

The booking page for meals in September opens on Tuesday 23rd July – the booking page always opens on the last day of term.

PLEASE REMEMBER TO UPDATE YOUR CHILD'S YEAR GROUP FOR THE NEW SCHOOL YEAR.

The summer menu runs 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@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.



September – October 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!**



Week one This menu is for week commencing: Monday 2 September, 23 September, 14 October.	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	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	White fish cake with potatoes
	Vegetarian option	Vegetable and lentil lasagne	Veggie burger in a bun with potato wedges	Quorn fillet with vegetable gravy with roast potatoes	Cheesy tomato pasta bake	Vegetable frittata with baked new potatoes
	Lunch box option	Cheese roll	Homemade pesto pasta salad	Ham roll	Chicken roll	Ham and cheese muffin pizzas
	Jacket potato	Baked Beans	Cheese	Baked Beans	Cheese	Baked Beans
	Vegetables or salad	Grated carrot and cucumber salad	Mixed salad	Vegetable medley	Asian salad	Baked beans
	Pudding	Yoghurt	Vanilla and strawberry sponge	Fresh fruit/ yoghurt	Chocolate and coconut brownie	Fresh fruit/ yoghurt

Week Two This menu is for week commencing: Monday 9 September, 30 September, 21 October.	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Sausage in a roll	Pasta bolognese	Roast turkey and gravy served with roast potatoes,	Cheese and tomato pizzas	Salmon Fishfingers with potatoes
	Vegetarian option	Quorn sausage in a roll	Vegetable chilli hotpot	Quorn fillet with vegetable gravy with roast potatoes	Roasted vegetable frittata with a bread roll	Spring vegetable pesto pasta
	Lunch box option	Ham mayonnaise roll	Chicken roll	Tuna & Sweetcorn Wrap	Cheese and cucumber roll	Cheese and tomato pizza slice
	Jacket potato	Baked Beans	Cheese	Baked Beans	Baked Beans	Cheese
	Vegetables or salad	Baked beans	Spinach, carrot and pepper salad	Mixed vegetables	Spinach, carrot and cucumber salad	Carrots and peas
	Pudding	Yoghurt	Chocolate sponge	Fresh fruit/ yoghurt	Lemon and lime cake	Fresh fruit/ yoghurt



Week Three This menu is for week commencing: Monday 16 September, 7 October.	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Chicken and sweetcorn pesto pasta bake	Turkey meat balls in tomato sauce with Pilaf rice	Roast pork and gravy served with roast potatoes	Chili con carne with rice	Fillet of fish in a bun with potatoes
	Vegetarian option	Quorn meat balls in tomato sauce with penne	Spiced lentil and sweet potato curry with Pilaf rice	Lentil roast with vegetable gravy with roast potatoes	Macaroni cheese	Spanish tortilla with potatoes
	Jacket potato	Baked Beans	Cheese	Baked Beans	Baked Beans	Cheese
	Lunch box option	Ham roll	Tuna pasta salad	Chicken roll	French Bread Pizza	Soft cheese roll
	Vegetables or salad	Mixed salad	Carrot and cucumber salad	Vegetable selection	Spinach, carrot and pepper salad	Peas and sweet corn
Pudding	Yoghurt	Flapjack slice	Fresh fruit/ yoghurt	Tropical fruit drizzle cake	Fresh fruit/ yoghurt	

