

**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.

**Thursday 3 Sept – Cheesy tomato pasta, Friday 4**

**September – Marguerita Pizza. Jacket potato with beans will be available both days.**

PLEASE NOTE THE PACKED LUNCH OPTION IS FOR KS2 ONLY

<b>Week one</b> This menu is for week commencing: Monday 27th September, 28 September, 29 October, 16 November, 7 December.	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	Chili con carne with rice	White fish cake with baked new potatoes
	Meat free	Quorn and vegetable hotpot	Vegan burger in a bun	Quorn fillet with vegetable gravy with roast potatoes	Baked bean pasta bake	Vegan sausage roll With potatoes
	Lunch box KS2 only	Chicken roll	Cheese and onion pastie	Ham roll	Tuna and sweetcorn roll	Ham and cheese French bread pizzas
	Jacket potato filling	Baked Beans	Cheese	Baked Beans	Cheese	Baked Beans
	Vegetables or salad	Grated carrot and cucumber salad	Mixed salad	Vegetable medley	Mixed salad	Baked beans
	Pudding	Yoghurt with granola	Vanilla and raspberry sponge	Fresh fruit/ yoghurt	Chocolate and coconut brownie	Fresh fruit/ yoghurt

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken, hidden vegetable and basil pasta	Meat balls in tomato sauce with pilau 50/50 rice	Roast chicken and gravy served with roast potatoes,	Cheese and tomato pizzas, Potato wedges	Salmon Fishfingers with sliced potatoes
Meat free	Quorn meat balls in tomato sauce with diced potatoes	Spiced lentil and sweet potato Curry with rice	Quorn fillet with vegetable gravy with roast potatoes	Thai fried rice	Rustic Vegetable Cottage Pie
Lunch box KS2 only	Ham mayonnaise roll	Mediterranean vegetable turnover	Tuna and sweetcorn wrap	Cheese and cucumber roll	Cheese and tomato pizza slice
Jacket potato filling	Baked Beans	Cheese	Baked Beans	Baked Beans	Cheese
Vegetables or salad	Mixed salad	Spinach, carrot and pepper salad	Mixed vegetables	Spinach, carrot and cucumber salad	Carrots and peas
Pudding	Yoghurt with granola	Chocolate sponge	Fresh fruit/ yoghurt	Lemon and lime cake	Fresh fruit/ yoghurt

This menu is for week commencing:  
Monday 14 September, 5 October, 2 November, 23 November, 14 December.

**Week two**



<b>Week three</b> This menu is for week commencing: Monday 21 September, 12 October, 9 November, 30 November.	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Sausage cassoulet with Yorkshire Pudding	Penne bolognese with cheese topping	Roast pork and gravy served with roast potatoes	Chicken and potato pie with Carrots and sweetcorn	Fillet of fish with potato wedges
	Meat free	Veggie sausage Casserole with Yorkshire pudding	Vegetable and bean chilli hotpot	Vegetable frittata roast potatoes	Macaroni cheese with mixed salad	Cheese and onion pastie with potato wedges
	Lunch box KS2 only	Ham roll	Vegan sausage roll	Tuna salad roll	Soft cheese and cucumber roll	Cheese and tomato Pitta pizza
	Jacket potato filling	Baked beans	Cheese	Cheese	Baked beans	Beans
	Vegetables or salad	Baked beans or salad	Carrot and cucumber salad	Vegetable selection	Mixed salad or vegetables	Peas and sweet corn
	Pudding	Yoghurt with granola	Flapjack slice	Fresh fruit/ yoghurt	Orange drizzle cake	Fresh fruit/ yoghurt



# Easy Lunch



WEST SUSSEX COUNTY COUNCIL  
PUBLIC HEALTH

# Winter Menu 2020

## 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 our beef mince comes from farms in Sussex as do our yoghurts. We supply fresh 50/50 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.



## Dates to remember

The booking page for September will open on Monday 20<sup>th</sup> July – please check which day your school starts. Note special menu over page for Thursday 3<sup>rd</sup> and Friday 4<sup>th</sup> September. Menu 1 starts on Monday 7<sup>th</sup> September.

- \* Deadline for bookings for Thursday 3<sup>rd</sup> September – Tuesday 25<sup>th</sup> August
- \* Deadline for bookings for Monday 7<sup>th</sup> September – Saturday 29<sup>th</sup> August
- \* Deadline for bookings for after Half Term- Saturday 24<sup>th</sup> October

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

View pictures of Easy Lunch and its meals on our 'GALLERY' page on the website or follow us on Instagram @easy lunchcompany

## 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.theeasy lunchcompany.co.uk](http://www.theeasy lunchcompany.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 12<sup>th</sup> 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.