

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

SEE OVER FOR MENU OPTIONS FOR THE 1ST & 2ND OF SEPTEMBER

Week one This menu is for week commencing: Monday 5 September, 26 September, 17 October, 14 November, 5 December	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Penne pasta with creamy tomato sauce w cheese	BBQ beef burger in a bun with potato wedges	Roast gammon and gravy served with roast potatoes	Beef chilli con carne with rice	"Fish and Chips"
	Meat free	Vegetable and bean lasagne	Vegan burger in a bun with potato wedges	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 pizza
	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	Raspberry ripple cake	Fresh fruit/ yoghurt	Chocolate sponge	Fresh fruit/ yoghurt

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken, tomato and basil pasta bake with cheese topping	Beef meat balls in tomato sauce with pilau 50/50 rice	Roast chicken and gravy served with roast potatoes,	Cheese and tomato pizza with baked beans	"Fish and Chips"
Meat free	Quorn meat balls in tomato sauce with diced potatoes	Spiced lentil and sweet potato curry	Quorn fillet with vegetable gravy with roast potatoes	Mediterranean vegetable paella	Roasted Vegetable frittata
Lunch box KS2 only	Ham mayonnaise roll	Mediterranean vegetable turnover	Cheese and cucumber roll	Tuna and sweetcorn wrap	Cheese and tomato pizza slice
Jacket potato filling	Baked Beans	Cheese	Cheese	Baked Beans	Cheese
Vegetables or salad	Mixed salad	Mixed salad	Mixed vegetables	Mixed salad	Carrots and peas
Pudding	Yoghurt with granola	Mango drizzle cake	Fresh fruit/ yoghurt	Chocolate and pear brownie	Fresh fruit/ yoghurt

Week two
This menu is for week commencing:
Monday 12 September, 3 October, 31 October, 21 November, 12 December.



Week three This menu is for week commencing: Monday 19 September, 10 October, 7 November, 28 November,	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Pork Sausage in a hot dog roll	Penne pasta bolognaise with cheese topping	Roast pork served with roast potatoes	Chicken and vegetable pie	"Fish and Chips"
	Meat free	Quorn sausage in a hot dog roll	Herb crusted vegetable pasta bake	Butternut squash and lentil loaf with roast potatoes	Macaroni cheese	Cheese and onion pastie with potato wedges
	Lunch box KS2 only	Soft cheese and cucumber roll	Chicken salad roll	Tuna salad roll	Ham roll	Cheese and tomato muffin pizzas
	Jacket potato filling	Baked beans	Cheese	Cheese	Baked beans	Baked beans
	Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable selection	Mixed salad	Peas and sweet corn
Pudding	Yoghurt with granola	Flapjack slice	Fresh fruit/ yoghurt	Banana and chocolate cake	Fresh fruit/ yoghurt	



Easy Lunch



EAT LESS SUGAR
WEST SUSSEX COUNTY COUNCIL
PUBLIC HEALTH

Autumn Primary Menu

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

Booking page for meals in September opens on Thursday 21st July
Deadline for meals on Thursday 1st September is Tuesday 23rd August. Deadline for meals on Monday 5th September is Saturday 27th August. **THE BOOKING PAGE ALWAYS OPENS ON THE LAST DAY OF TERM FOR THE FOLLOWING TERM.**

If your school is open on Thursday 1st September the menu will be Pizza, baked beans and salad or jacket potato with beans or ham roll and homemade sponge cake

If your school is open on Friday 2nd September the menu will be Battered fish fillets, oven chips, carrots and sweetcorn or jacket potato with cheese or chicken roll and yoghurt and fruit

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.

View pictures of Easy Lunch and its meals on our 'GALLERY' page on the website or follow us on Instagram [@easylunchcompany](https://www.instagram.com/easylunchcompany)

Points to remember

*Meals cost £2.34. 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.