

**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. V= Vegetarian

**PLEASE NOTE THE PACKED LUNCH OPTION IS FOR KS2 ONLY**

Menu one Tuesday 2 January –SEE CHANGE OF MENU Monday 22 January, 19 February, 11 March.	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Cheesy tomato and basil penne pasta V	BBQ beef burger in a bun with potato wedges	Roast gammon and gravy served with roast potatoes	Mild Chicken Curry with rice	'Fish and chips'
	Meat free	Vegetable and bean lasagne V	Quorn burger in a bun with potato wedges V	Quorn fillet with vegetable gravy V with roast potatoes	Baked bean pasta bake V	Vegan sausage roll With potatoes V
	Lunch box KS2 only	Chicken roll	Cheese and onion pastie V	Ham roll	Tuna and sweetcorn roll	Ham and cheese French bread pizza
	Jacket potato filling	Baked Beans V	Cheese V	Baked Beans V	Cheese V	Baked Beans V
	Vegetables or salad	Mixed salad	Mixed salad	Vegetable medley	Mixed salad	Baked beans
	Pudding	Yoghurt with granola	Raspberry ripple cake	Fresh fruit and yoghurt	Vanilla sponge	Fresh fruit

Dish	Monday	Tuesday	Wednesday	Thursday	Friday	Menu two Monday 8 January, 29 January, 26 February, 18 March
Main meal	Tomato and vegetable pasta bake with cheese topping V	Beef meat balls in tomato sauce with pilau 50/50 rice	Roast pork and gravy served with roast potatoes,	Cheese and tomato pizza with baked beans V	'Fish and chips'	
Meat free	Veggie meatballs in tomato sauce with potato topping V	Spiced lentil and sweet potato tagine with pilau 50/50 rice V	Quorn fillet in gravy with roast potatoes V	Chinese Vegetable fried rice V	Glamorgan sausage with sliced potatoes V	
Lunch box KS2 only	Ham mayonnaise roll	Mediterranean vegetable turnover V	Cheese roll V	Tuna and cucumber roll	Cheese and tomato pizza slice V	
Jacket potato filling	Baked Beans V	Cheese V	Cheese V	Baked Beans V	Cheese V	
Vegetables or salad	Mixed salad	Mixed salad	Vegetable medley	Mixed salad	Carrots and peas	
Pudding	Yoghurt with granola	Lemon drizzle cake	Fresh fruit and yoghurt	Chocolate brownie	Fresh fruit	



Menu three Monday 15 January, 5 February, 4 March, 25 March	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Cheesy tomato pasta V	Pork Sausage in a floured roll	Roast turkey served with roast potatoes	Chicken casserole with rice	'Fish and chips'
	Meat free	Plant based bolognese pasta with cheese topping V	Quorn sausage pattie in a floured roll V	Roasted vegetable frittata V	Macaroni cheese V	Cheese and onion pastie with chips V
	Lunch box KS2 only	Ham roll	Chicken roll	Tuna mayonnaise roll	Soft cheese and cucumber roll V	Cheese and tomato muffin pizzas V
	Jacket potato filling	Cheese V	Baked beans V	Cheese V	Baked beans V	Baked beans V
	Vegetables or salad	Mixed salad	Baked beans or salad	Vegetable medley	Mixed salad	Peas and sweet corn
	Pudding	Yoghurt with granola	Vanilla Flapjack slice	Fresh fruit and yoghurt	Chocolate cake	Fresh fruit

# Easy Lunch



# Winter Primary Menu

## Our food

Our meals are made fresh each day and all delivered within a 15mile 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 deadline dates are:

The booking page for January opens on Friday 15th December – please book then to avoid forgetting in the midst of Christmas excitement!

Deadline for meals on Tuesday 2nd January is Sunday 24th December

**PLEASE NOTE THE CHANGE OF MENU ON TUESDAY 2ND JANUARY WILL BE CHEESY TOMATO PASTA OR JACKET POTATOES WITH BEANS OR CHICKEN FOLLOWED BY HOMEMADE CAKE**

Wednesday 3rd January will be back to normal menu.

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](mailto: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 @easycompany

## Points to remember

\*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](http://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 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.