

**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, VE=Vegan

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

<b>Menu one</b> This menu is for week commencing: Monday 2 September, 23 September, 14 October, 11 November, 2 December	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Creamy tomato penne with a baked cheese topping	BBQ beef burgers in a floured roll with wedges	Roast turkey breast, gravy and roast potatoes	Mild beef chilli con carne with 50/50 wholegrain/white rice	Breaded flipper dippers with potatoes
	Meat free	Vegetable and bean lasagne V	Vegan burger in a floured roll VE	Vegan sausage roll with roast potatoes VE V	Baked bean pasta with cheese topping V	Glamorgan sausage 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 VE	Cheese V	Baked Beans VE	Cheese V	Baked Beans VE
	Vegetables or salad	Rainbow salad	Rainbow salad	Selection of vegetables	Rainbow salad	Baked beans
	Pudding	Yoghurt with granola	Vanilla flapjack slice	Fresh fruit and yoghurt	Lemon drizzle cake	Fresh fruit

Dish	Monday	Tuesday	Wednesday	Thursday	Friday	<b>Menu two</b> This menu is for week commencing: Monday 9 September, 30 September, 21 October, 18 November, 9 December
Main meal	Cheese and tomato pizza with baked beans	Beef meatballs in tomato sauce with turmeric rice	Roast pork in gravy with roast potatoes	Beef mince bolognese with a baked cheese topping	Breaded fish fillets with sauté Potatoes	
Meat free	Veggie meatballs in tomato sauce with potato topping VE	Mixed bean and vegetable chilli with turmeric rice VE	Roasted root vegetable frittata V	Oriental stir-fried vegetable rice	Oven baked cheese and onion pastie V	
Lunch box KS2 only	Ham mayonnaise roll	Chicken roll	Cheese roll V	Tuna and cucumber roll	Cheese and tomato pizza slice V	
Jacket potato filling	Baked Beans VE	Cheese V	Baked Beans VE	Cheese V	Baked Beans VE	
Vegetables or salad	Rainbow salad	Rainbow salad	Selection of vegetables	Rainbow salad	Peas and sweetcorn	
Pudding	Yoghurt with granola	Chocolate brownies	Fresh fruit and yoghurt	Orange polenta cake	Fresh fruit	



<b>Menu three</b> This menu is for week commencing: Monday 16 September, 7 October, 4 November 25 November, 16 December	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Tuscan bean pasta bake with cheese topping V	Butchers' sausage in a floured roll	Roast gammon in gravy with roast Potatoes	Mild Chicken Curry and rice	Salmon fish cakes with oven baked Wedges
	Meat free	Mild vegetable curry with pilau rice VE	Quorn burger in a floured roll V	Roasted mediterranean vegetable frittata V	Macaroni cheese V	Cheese and tomato pizza with oven baked wedges V
	Lunch box KS2 only	Ham roll	Mediterranean vegetable turnover V	Tuna mayonnaise roll	Soft cheese and cucumber roll V	Cheese and ham topped muffin V
	Jacket potato filling	Cheese V	Baked beans VE	Cheese V	Baked beans VE	Baked beans VE
	Vegetables or salad	Rainbow salad	Rainbow salad or baked beans	Selection of vegetables	Rainbow salad	Diced carrots and peas
Pudding	Yoghurt with granola	Pineapple cake	Fresh fruit and yoghurt	Chocolate cake	Fresh fruit	

# Easy Lunch



# Autumn 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 page for September ordering opens on the last day of the summer term – Tuesday 23rd July.

Deadline for booking lunch for Monday 2nd September is midnight on Saturday 24th August.

Deadline for booking lunch for Monday 4th November (after half term) is midnight on Saturday 26th October.

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.