



# Easy Lunch™

# Spring Primary Menu

## OUR FOOD

Our meals are freshly made each day and are delivered within a 15 mile radius of our state-of-the-art kitchen. Many of our ingredients are sourced locally and we only use Free Range Eggs. All of our meat and fish can be traced back to its original source and all fish is MSC. Our beef mince is supplied by farms in Sussex and our 50/50 bread is supplied fresh daily.

We are reducing the amount of sugar in our menus, by providing fruit and yoghurt 3 days a week, 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.

There are no 'hidden nasties' in our food only hidden veggies.

Our food is GM free.



All children in Reception, Year 1 & Year 2 eat for free every day!

- 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 in KS 2 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.
- Should your child require a special meal you **must** contact Emma to discuss their needs or no special meal will be provided. Visit our website for more detail on the relevant paperwork.
- Change or cancel meals anytime within our deadlines which are 9 days in advance of the date you wish to book or cancel. *Eg: to book a meal for Monday 12th September you will need to book and pay for it by midnight on Saturday 3rd September.*
- In the event that your child is ill, please call or email us up to 9am on the day, and a credit will be added to your account.
- School trip cancellations **must** be made within the booking/cancellation deadlines – credits will not be given for a cancellation on the day.

## DEADLINE DATES TO REMEMBER

### ✓ FRIDAY 19TH DECEMBER

Booking page for January ordering opens  
(Last day of this term)

### ✓ SATURDAY 27TH DECEMBER - MIDNIGHT

Deadline Booking lunch for Tues 5TH January

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.



For more information and to view our food, please visit:  
[www.theeasy lunchcompany.co.uk](http://www.theeasy lunchcompany.co.uk)

01403 741177

[emma@theeasy lunchcompany.co.uk](mailto:emma@theeasy lunchcompany.co.uk)

[easylunchcompany](https://www.instagram.com/easylunchcompany)



# Week 1 Menu

This menu is for week commencing: Monday 5 January, 26 January, 23 February, 16 March

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheesy topped harvest pasta bake ✓	Butchers' Pork sausage in a floured roll	Roast turkey breast in gravy with roast potatoes	Mild beef chilli con carne with 50/50 wholegrain/white rice	Breaded fish fillets with sauté potatoes
MEAT FREE	Beany rainbow-layered lasagne ✓	Power burger in a floured roll ✓	Golden flaky sausage roll with roast potatoes ✓	Smokey bean camp-fire pasta bake ✓	Sausage sizzler with sauté potatoes ✓
LUNCH BOX KS2 ONLY	Cheese roll ✓	Golden flaky sausage roll ✓	Ham roll	Tuna & sweetcorn roll	Ham & cheese French bread pizza
JACKET POTATO FILLING	Baked Beans ✓	Baked beans ✓	Cheese ✓	Cheese ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad ✓	Rainbow salad ✓	Selection of vegetables ✓	Rainbow salad ✓	Peas & sweetcorn ✓
PUDDING	Yoghurt with granola ✓	Vanilla flapjack slice ✓	Fresh fruit and yoghurt ✓	Lemon drizzle cake ✓	Fresh fruit ✓

## HEALTHY FOOD MENU

All children in Reception, Year 1 & Year 2 eat for free every day!

### PLEASE NOTE:

The packed lunch option is for KS2 ONLY!

Bread, milk, yoghurt & fruit will be available daily.

**Please note:** this menu is subject to availability and change.

✓ Vegetarian

✓ Vegan



# Week 2 Menu

This menu is for week commencing: Monday 12 January, 2 February, 2 March, 23 March

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Italian style pizza slice with baked beans ✓	Beef meatballs in tomato sauce with sunshine rice	Roast pork in gravy with roast potatoes	Beef mince Bolognese Pasta with a baked cheese topping	Breaded flipper dippers with potatoes
MEAT FREE	Herby Power balls in tomato sauce with potato topping ✓	Fruity creamy korma with sunshine rice ✓	Root Roasties frittata ✓	Curried spring vegetable pilaf ✓	Golden Flaky Sausage Roll with potatoes ✓
LUNCH BOX KS2 ONLY	Egg mayonnaise roll ✓	Chicken roll	Cheese roll ✓	Tuna and cucumber roll	Cheese and tomato pizza slice ✓
JACKET POTATO FILLING	Baked Beans ✓	Cheese ✓	Cheese ✓	Baked Beans ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad and baked beans ✓	Rainbow salad ✓	Selection of vegetables ✓	Rainbow salad ✓	Baked beans ✓
PUDDING	Yoghurt with granola ✓	Chocolate brownies ✓	Fresh fruit and yoghurt ✓	Orange polenta cake ✓	Fresh fruit ✓

# Week 3 Menu

This menu is for week commencing: Monday 19 January, 9 February, 9 March

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Classic Tomato and basil pasta bake ✓	BBQ beef burgers in a floured roll with wedges	Roast gammon, gravy and roast potatoes	Chicken and Chickpea Curry and rice	Salmon fish cakes with oven baked wedges
MEAT FREE	Fiesta Bean burrito ✓	Crispy breaded burger in a bun with wedges ✓	Roasted mediterranean vegetable frittata ✓	Macaroni cheese ✓	Margherita pizza slice with oven baked wedges ✓
LUNCH BOX KS2 ONLY	Egg mayonnaise roll ✓	Mediterranean vegetable turnover ✓	Chicken roll	Soft cheese and cucumber roll ✓	Cheese and ham topped muffin ✓
JACKET POTATO FILLING	Cheese ✓	Baked beans ✓	Cheese ✓	Baked beans ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad ✓	Baked beans or Rainbow salad ✓	Selection of vegetables ✓	Rainbow salad ✓	Diced carrots and peas ✓
PUDDING	Yoghurt with granola ✓	Courgette & lime cake ✓	Fresh fruit and yoghurt ✓	Chocolate cake ✓	Fresh fruit ✓

**NOTES :** Booking page for 5th January opens on **Friday 19th December** (last day of term) – please place your bookings before the Christmas rush!!

**Deadline** for lunches for Monday 5th January will be midnight Saturday 27th December