



Easy Lunch™

Autumn 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
- 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 deadline which is by 11.59pm on Tuesday the week before.
- 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.

100%
Made with
Love

DEADLINE DATES TO REMEMBER

✓ **TUESDAY 25TH AUGUST**

Deadline for week commencing Tuesday 1st September is 11.59pm on Tuesday 25th August

If you have any queries please contact Emma by telephone on 01403 741177, or by email 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.

I'M
100%
VEGAN



For more information and to view our food, please visit:
www.theeasy lunchcompany.co.uk

01403 741177

emma@theeasy lunchcompany.co.uk

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



Week 1 Menu

This menu is for week commencing: Tuesday 1/09, 21/09, 12/10, 9/11, 30/11

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheesy topped harvest pasta bake ✓	BBQ beef burgers in a floured roll with wedges	Roast gammon in gravy with roast potatoes	Chicken vegetable and potato casserole with 50/50 rice	Breaded fish fillets with sauté potatoes
OPTION 2	Beany rainbow-layered lasagne ✓	Power burger in a bun with wedges ✓	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 ✓	Baked beans ✓	Selection of vegetables ✓	Rainbow salad ✓	Peas & sweetcorn ✓
PUDDING	Yoghurt with granola ✓	Apple 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 7/09, 28/09, 19/10, 16/11, 7/12

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Italian style pizza slice with baked beans ✓	Beef meatballs in tomato sauce with sunshine rice	Roast loin of pork in gravy with roast potatoes	Knepp Venison mince Bolognese Pasta with a baked cheese topping	Breaded flipper dippers with potatoes
OPTION 2	Herby Power balls in tomato sauce with potato topping ✓	Fruity creamy korma with sunshine rice ✓	Vegetable Pattie with roast potatoes ✓	Sunshine Vegetable biryani ✓	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 ✓	Choc & pear brownies ✓	Fresh fruit and yoghurt ✓	Orange polenta cake ✓	Fresh fruit ✓

Week 3 Menu

This menu is for week commencing: Monday 14/09, 5/10, 2/11, 23/11, 14/12

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Classic Tomato and basil pasta bake ✓	Butchers' Pork sausage in a floured roll	Roast turkey in gravy and roast potatoes	Chicken and Chickpea Curry and rice	Salmon fish cakes with oven baked wedges
OPTION 2	Fiesta Beanie chilli with a tortilla wrap ✓	Power burger in a floured roll ✓	Root roasties Frittata with roast potatoes ✓	Cauliflower 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	Baked beans ✓	Cheese ✓	Cheese ✓	Baked beans ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad ✓	Baked beans and Rainbow salad ✓	Selection of vegetables ✓	Rainbow salad ✓	Diced carrots & peas ✓
PUDDING	Yoghurt with granola ✓	Courgette & lime cake ✓	Fresh fruit and yoghurt ✓	Chocolate cake ✓	Fresh fruit ✓

Deadline for week commencing Tuesday 1st September is 11.59pm on Tuesday 25th August