

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

***See over for menu change: Tuesday 9th May**

Menu one This menu is for week commencing: Monday 17 April, Tuesday 9 May*, 5 June, 26 June, 17 July	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	Flipper dippers with baked new potatoes
	Meat free	Vegetable and bean lasagne V	Vegan 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
	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	Chocolate sponge	Fresh fruit

Dish	Monday	Tuesday	Wednesday	Thursday	Friday	Menu two This menu is for week commencing: Monday 24 April, 15 May, 12 June, 3 July
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	Flipper dippers with sliced potatoes	
Meat free	Quorn mince hotpot V	Spiced lentil and sweet potato tagine with pilau 50/50 rice V	Glamorgan sausage, gravy with roast potatoes V	Chinese Vegetable fried rice V	Vegan burger with sliced potatoes 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 This menu is for week commencing: Tuesday 2 May, 22 May, 19 June, 10 July	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Plant based bolognese pasta with cheese topping V	Pork Sausage in a floured roll	Roast turkey served with roast potatoes	Chicken and Vegetable casserole with rice	Fish and Chips
	Meat free	Herb crusted vegetable pasta bake V	Quorn sausage pattie in a floured roll V	Roasted vegetable frittata V	Macaroni cheese V	Cheese and onion pastie with chips 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	Banana and chocolate cake	Fresh fruit

Easy Lunch™



Summer Infant 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.

Tuesday the 9th of May will be cheesy tomato pasta, vegetable lasagne, jacket potato with beans or chicken roll with raspberry ripple cake.

The hot meal at lunchtime provided by Easy Lunch provides approximately 1/3 of a child's required daily intake of nutrition, so they still need a nutritious breakfast and evening meal at home to complete their daily needs.

For more information please visit our website

www.theeasylunchcompany.co.uk

or call us on 01403 741177 Our email is

emma@theeasylunchcompany.co.uk

View pictures of Easy Lunch and its meals on our 'GALLERY' page on the website or follow us on Instagram @easylunchcompany

