

Easy Lunch™



Summer Infant 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).
- ▶ 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.

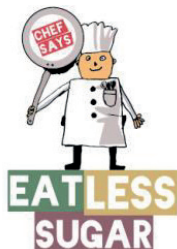
The hot meal at lunchtime provided by Easy Lunch provides approximately 1/3 of a child's required daily intake of nutrition, so they still need a nutritious breakfast and evening meal at home to complete their daily needs.

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

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easycompany



FRUIT + VEG WORD SEARCH



avocado



pear



apple



broccoli



corn



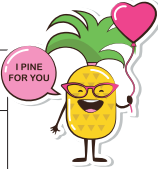
watermelon



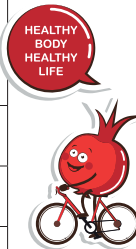
banana



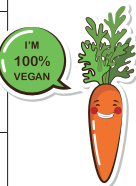
chilli



pineapple



tomato



carrot

T	A	O	Q	N	B	E	H	W	E
O	P	R	D	U	B	O	G	Q	L
R	P	A	F	A	O	R	B	E	P
R	L	Y	N	T	C	V	U	A	P
A	E	A	A	E	S	O	N	G	A
C	N	M	S	T	P	R	V	T	E
A	O	Z	Z	W	O	A	B	A	N
T	B	R	O	C	C	O	L	I	I
R	U	U	U	A	A	J	P	V	P
A	A	C	P	A	W	O	N	Z	U
S	K	E	I	L	L	I	H	C	K
H	N	W	P	W	L	Q	S	L	Q
N	O	L	E	M	R	E	T	A	W



Week 1 Menu

This menu is for week commencing: Tuesday 22nd April – NOTE menu is Monday's menu - Monday 12th May, 9th June, 30th June and 21st July

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Tomato & vegetable pasta 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 mixed rice	Breaded fish fillets with saute potatoes ✓
MEAT FREE	Vegetable and bean lasagne ✓	Vegan burger in a bun with wedges ✓	Vegan sausage Roll with roast potatoes ✓	Fruity vegetable korma ✓	Vegetable sausage with saute potatoes ✓
JACKET POTATO FILLING	Baked Beans ✓	Cheese ✓	Baked Beans ✓	Cheese ✓	Cheese ✓
VEGETABLES OR SALAD	Rainbow salad	Rainbow salad	Selection of vegetables	Rainbow salad	Peas and 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!



Week 2 Menu

This menu is for week commencing: Monday 28 April, 19th May, 16th June and 7th July

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 flipper dippers with potatoes
MEAT FREE	Veggie meatballs in tomato sauce with potato topping ✓	Mixed bean and vegetable chilli with turmeric rice ✓	Roasted root vegetable frittata ✓	Curried spring vegetable pilaf ✓	*Oven baked cheese and onion pastie ✓
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

Bread, milk, yoghurt & fruit will be available daily.
Please note: this menu is subject to availability and change.

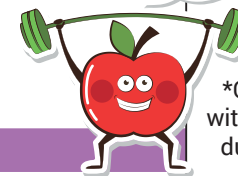


✓ Vegetarian
✓ Vegan

Week 3 Menu

This menu is for week commencing: Tuesday 6th May, 2nd June, 23rd June and 14th July

DISH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Classic tomato and basil pasta with cheese ✓	Butchers' sausage in a floured roll	Roast gammon in gravy with roast potatoes	Chicken and chick pea curry with mixed rice	Salmon fish cakes with oven baked wedges
MEAT FREE	Bean & vegetable burrito ✓	Quorn burger in a floured roll ✓	Roasted mediterranean vegetable frittata ✓	Macaroni cheese ✓	Cheese & tomato pizza with oven baked wedges ✓
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 and lime cake	Fresh fruit and yoghurt	Chocolate cake	Fresh fruit



*Currently substituted with Vegan sausage rolls due to product recalls.



NOTES : The booking page for April ordering opens on the last day of this term – Friday 4th April.

Deadline for booking lunch for Tuesday 22nd April is midnight on Sunday 13th April.

Deadline for booking lunch for Monday 2nd June (after half term) is midnight on Saturday 24th May.

