

Easy Lunch™



Autumn 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.theeasylunchcompany.co.uk

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easylunchcompany



FRUIT + VEG WORD SEARCH



avocado



pear



apple



broccoli



corn



watermelon



banana



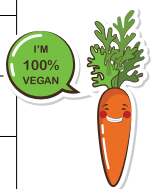
chilli



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 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, gravy and 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 floured roll ✓	Golden flaky sausage roll with roast potatoes ✓	Smokey bean camp-fire pasta bake ✓	Sausage sizzler with sauté potatoes ✓
JACKET POTATO FILLING	Baked Beans ✓	Baked beans ✓	Cheese ✓	Cheese ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad ✓	Rainbow salad salad or 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!

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

✓ Vegetarian

✓ Vegan

AN APPLE A DAY KEEPS THE DOCTOR AWAY



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 pork in gravy with roast potatoes	Bolognese Pasta bake 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 ✓
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 breast in gravy with 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 bun with wedges ✓	Root roasties Frittata with roast potatoes ✓	Cauliflower Macaroni cheese ✓	Margherita pizza slice with oven baked wedges ✓
JACKET POTATO FILLING	Baked beans ✓	Baked beans ✓	Cheese ✓	Baked beans ✓	Baked Beans ✓
VEGETABLES OR SALAD	Rainbow salad ✓	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 ✓

