

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

* Currently substituted with vegan rolls and vegetable sausages due to product recalls

Menu one

Monday 6 January, 27 January, 24 February, 17 March.

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Creamy tomato penne with a baked cheese topping	Butchers' sausage in a flour roll	Roast turkey breast, gravy and roast potatoes	Mild beef chilli con carne with 50/50 wholegrain/white rice	Breaded fish filets with sauté potatoes
Meat free	Vegetable and bean lasagne V	Quorn burger in a floured roll V	Vegan sausage roll with roast potatoes VE	Baked bean pasta with cheese topping V	Glamorgan sausage with potatoes V *
Jacket potato filling	Baked Beans VE	Baked Beans VE	Baked Beans V	Cheese VE	Baked Beans VE
Vegetables or salad	Rainbow salad	Rainbow salad or baked beans	Selection of vegetables	Rainbow salad	Peas and sweetcorn
Pudding	Yoghurt with granola	Vanilla flapjack slice	Fresh fruit and yoghurt	Lemon drizzle cake	Fresh fruit

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 VE	Mixed bean and vegetable chilli with turmeric rice VE	Roasted root vegetable Frittata V	Oriental stir-fried vegetable rice	Oven baked cheese and onion paste V *
Jacket potato filling	Baked Beans VE	Cheese V	Cheese V	Baked Beans VE	Baked Beans VE
Vegetables or salad	Rainbow salad and baked beans	Rainbow salad	Selection of vegetables	Rainbow salad	Baked Beans VE
Pudding	Yoghurt with granola	Chocolate brownies	Fresh fruit and yoghurt	Orange polenta cake	Fresh fruit

Menu two

Monday 13 January, 3 February, 3 March, 24 March



Menu three

Monday 20 January, 10 February, 10 March, 31 March

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Tuscan bean pasta bake with cheese topping V	BBQ beef burgers in a floured roll with wedges	Roast gammon in gravy with roast potatoes	Mild Chicken Curry and rice	Salmon fish cakes with oven baked wedges
Meat free	Mild vegetable curry with pilau rice VE	Vegan burger in a bun VE	Roasted mediterranean vegetable frittata V	Macaroni cheese V	Cheese and tomato pizza with oven baked wedges V
Jacket potato filling	Cheese V	Baked beans VE	Cheese V	Baked beans VE	Baked beans VE
Vegetables or salad	Rainbow salad	Rainbow salad	Selection of vegetables	Rainbow salad	Diced carrots and peas
Pudding	Yoghurt with granola	Pineapple cake	Fresh fruit and yoghurt	Chocolate cake	Fresh fruit



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WEST SUSSEX COUNTY COUNCIL
PARENTS' CHOICE



Winter 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.

PLEASE NOTE THE CHANGE OF MENU ON TUESDAY 2ND JANUARY WILL BE CHEESY TOMATO PASTA OR JACKET POTATOES WITH BEANS OR CHICKEN FOLLOWED BY HOMEMADE CAKE

Wednesday 3rd January will be back to normal menu.

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.theeasy lunchcompany.co.uk

or call us on 01403 741177 Our email is

emma@theeasy lunchcompany.co.uk

View pictures of Easy Lunch and its meals on our 'GALLERY' page on the website or follow us on Instagram [@easylunchcompany](https://www.instagram.com/easylunchcompany)

