



Our Food

Our meals are made fresh each day in our brand new state of the art production kitchen within a 15 mile radius of all of our schools.

We source many ingredients locally.

We only use Free Range Eggs

We can trace all of our meat and fish back to its source.

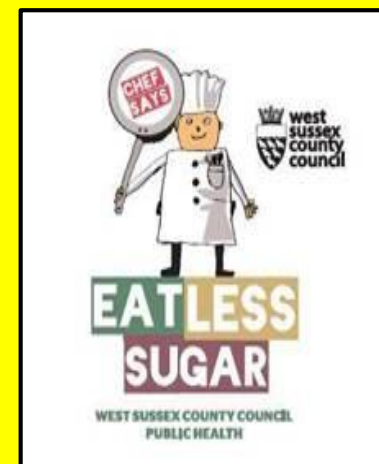
All of our beef mince comes from farms in Sussex

We supply fresh white and brown bread from the bakery each day.

We offer prepared fresh fruit slices and Sussex yoghurts as an alternative to the daily pudding.

Our food is GM free.

There are no 'hidden nasties' in our food only hidden veggies.



For more information please visit our website www.theeasyLunchCompany.co.uk or Call 01403 741177

WEEK 1 MENU This menu is for week commencing: Monday 30 October, 20 November, 11 December, 15 January, 5 February, 5 March, 26 March

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Meatballs and tomato sauce with sliced potatoes	BBQ burger in a bun with potato wedges	Roast turkey and gravy served with roast potatoes	Mild chicken curry with rice	Salmon Fishcakes and new potatoes
Vegetarian option	Vegetable and lentil lasagne	Veggie burger in a bun	Lentil roast with vegetable gravy	Cheesy tomato pasta	Sweetcorn and potato frittata
Jacket potato	Baked beans	Grated cheese	Baked beans	Baked beans	Grated cheese
Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable medley	Mixed salad	Peas and sweet corn
Pudding	Fresh fruit / yoghurt	Spiced apple sponge	Fresh fruit / yoghurt	Marble cake	Fresh fruit / yoghurt

WEEK 2 MENU This menu is for week commencing: Monday 6 November, 27 November, Monday 18 December, Thurs 4 January, 22 January, 19 February, 12 March

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sliced gammon, half a jacket potato	Chicken and bacon tomato pasta	Roast pork and gravy served with roast potatoes,	Cheese and tomato pizza	Fishcakes, new potatoes,
Vegetarian option	Vegetable and lentil biryani	Quorn balls in tomato sauce w diced potatoes	Quorn roast with vegetable gravy	Vegetable frittata	Baked bean pasta bake
Jacket potato	Baked beans	Grated cheese	Grated cheese	Baked beans	Vegetable chilli
Vegetables or salad	Baked beans or salad	Rainbow salad	Mixed vegetables	Mixed salad	Peas and sweetcorn
Pudding	Fresh fruit / yoghurt	Fruity flapjack slice	Fresh fruit /yoghurt	Pear and chocolate brownies	Fresh fruit/ yoghurt

WEEK 3 MENU This menu is for week commencing: Monday 13 November, 4 December, 8 January, 29 January, 26 February, 19 March

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Sausages in a hotdog roll	Pasta bolognaise bake	Roast gammon, and gravy served with new potatoes	Chicken casserole with rice	Salmon fish fingers with potatoes
Vegetarian option	Chilli bean wrap	Vegetarian hotdog	Quorn fillet with vegetable gravy	Macaroni cheese	Spanish frittata
Jacket potato	Baked beans	Grated cheese	Grated cheese	Ratatouille	Grated cheese
Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable selection	Spinach, carrot and pepper salad	Peas and sweetcorn
Pudding	Fresh fruit / yoghurt	Chocolate sponge	Fresh fruit /yoghurt	Lemon drizzle cake	Fresh fruit /yoghurt