

# 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.

SEE OVER FOR MENU CHANGES TUESDAY THE 3RD OF JANUARY

Menu one	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Penne pasta with creamy tomato sauce w cheese	BBQ beef burger in a bun with potato wedges	Roast gammon and gravy served with roast potatoes	Beef chilli con carne with rice	"Fish and Chips"
	Meat free	Vegetable and bean lasagne	Vegan burger in a bun with potato wedges	Quorn fillet with vegetable gravy with roast potatoes	Baked bean pasta bake	Vegan sausage roll With potatoes
	Jacket potato filling	Baked Beans	Cheese	Baked Beans	Cheese	Baked Beans
	Vegetables or salad	Grated carrot and cucumber salad	Mixed salad	Vegetable medley	Mixed salad	Baked beans
	Pudding	Yoghurt with granola	Raspberry ripple cake	Fresh fruit/ yoghurt	Chocolate sponge	Fresh fruit/ yoghurt

This menu is for week commencing:  
\*Tuesday 3rd January, Monday 23rd January; Monday 20th February, Monday 13th March

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chicken, tomato and basil pasta bake with cheese topping	Beef meat balls in tomato sauce with pilau 50/50 rice	Roast chicken and gravy served with roast potatoes,	Cheese and tomato pizza with baked beans	"Fish and Chips"
Meat free	Quorn meat balls in tomato sauce with diced potatoes	Spiced lentil and sweet potato curry	Quorn fillet with vegetable gravy with roast potatoes	Mediterranean vegetable paella	Roasted Vegetable frittata
Jacket potato filling	Baked Beans	Cheese	Cheese	Baked Beans	Cheese
Vegetables or salad	Mixed salad	Mixed salad	Mixed vegetables	Mixed salad	Carrots and peas
Pudding	Yoghurt with granola	Mango drizzle cake	Fresh fruit/ yoghurt	Chocolate and pear brownie	Fresh fruit/ yoghurt

Menu two  
This menu is for week commencing:  
Monday 9th January, Monday 30th January, Monday 27th February, Monday 20th March.



Menu three	Dish	Monday	Tuesday	Wednesday	Thursday	Friday
	Main meal	Pork Sausage in a hot dog roll	Penne pasta bolognese with cheese topping	Roast pork served with roast potatoes	Chicken and Vegetable casserole with rice	"Fish and Chips"
	Meat free	Quorn sausage in a hot dog roll	Herb crusted vegetable pasta bake	Butternut squash and lentil loaf with roast potatoes	Macaroni cheese	Cheese and onion pastie with potato wedges
	Jacket potato filling	Baked beans	Cheese	Cheese	Baked beans	Baked beans
	Vegetables or salad	Baked beans or salad	Mixed salad	Vegetable selection	Mixed salad	Peas and sweet corn
	Pudding	Yoghurt with granola	Flapjack slice	Fresh fruit/ yoghurt	Banana and chocolate cake	Fresh fruit/ yoghurt

This menu is for week commencing:  
Monday 16th January, Monday 6th February, Monday 6th March, Monday 27th March

# Easy Lunch™



## Winter-Spring 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 3<sup>rd</sup> January lunch will be cheesy tomato pasta or jacket potato with beans, yoghurt for pudding. Wednesday 4<sup>th</sup> January – usual menu resumes

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](http://www.theeasylunchcompany.co.uk)**

or call us on 01403 741177 Our email is

**[emma@theeasylunchcompany.co.uk](mailto: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**

