

The Easy Lunch Company
September 2025
Week 1 Menu

This menu is for week commencing:

V = Vegetarian VE = Vegan

Wednesday 3 September, 22 September, 13 October, 10 November, 1 December.

Dish	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Standard meal	Tomato and vegetable pasta with a baked cheese topping	BBQ beef burgers in a floured roll with wedges	Roast gammon, gravy and roast potatoes	Mild beef chilli con carne with 50/50 wholegrain/white rice	Breaded fish fillets with saute potatoes
Option 2 Meat free	Vegetable and bean lasagne V	Vegan burger in a bun with wedges VE	Vegan sausage roll with roast potatoes VE V	Cowboy pasta bake V	Vegetable sausage with saute potatoes V
Vegetables or salad	Rainbow salad	Rainbow salad	Selection of vegetables	Rainbow salad	Peas and sweetcorn
Pudding	Yoghurt with granola V	Vanilla flapjack slice VE	Fresh fruit and yoghurt V	Lemon drizzle cake V	Fresh fruit VE

Week 2 Menu

This menu is for week commencing:

Monday 8 September, 29 September, 20 October, 17 November, 8 December.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Standard meal	Italian style pizza slice with baked beans	Beef meatballs in tomato sauce with sunshine rice	Roast pork in gravy with roast potatoes	Beef mince bolognese with a baked cheese topping	Breaded flipper dippers with potatoes
Option 2 Meat free	Veggie meatballs in tomato sauce with potato topping VE	Fruity creamy korma with sunshine rice VE	Root roasties v frittata V	Curried spring vegetable pilaf	Vegan sausage roll
Vegetables or salad	Rainbow salad and baked beans	Rainbow salad	Selection of vegetables	Rainbow salad	Baked beans VE
Pudding	Yoghurt with granola V	Chocolate brownies V	Fresh fruit and yoghurt V	Orange polenta cake V	Fresh fruit VE

Week 3 Menu

This menu is for week commencing:

Monday 15 September, 6 October, 3 November, 24 November, 15 December.

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Standard meal	Tomato and basil pasta V	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 Meat free	Fiesta Bean burrito V	Quorn burger in a floured roll V	Roasted mediterranean vegetable frittata V	Macaroni cheese V	Cheese and tomato pizza with oven baked wedges V
Vegetables or salad	Rainbow salad	Baked beans or Rainbow salad	Selection of vegetables	Rainbow salad	Diced carrots and peas
Pudding	Yoghurt with granola V	Courgette and lime cake V	Fresh fruit and yoghurt V	Chocolate cake V	Fresh fruit VE