

# Lancing Prep Hove Lunchtime and Snacks

## Autumn Term 2018



Lunch is served daily in three sessions: Pre-Prep & Nursery at 12 noon followed by two sessions for Prep School pupils. Our brand new school hall offers a cafeteria-style service. Each table is supervised by a member of staff and we encourage our children to try a helping of everything.

We take great care to provide our children with a balanced and varied diet, cooked with fresh ingredients that are responsibly sourced and, where possible, from local suppliers. Pupil Food Councillors canvass opinion from the children and offer meal suggestions that, where practicable, are taken into account in our menu planning.

We cater for special requirements where medically necessary, for religious reasons or for vegetarians and vegans.

Prep School pupils are offered a sandwich or a piece of fruit or a biscuit during mid-morning and mid-afternoon breaks. Pre-Prep and Nursery children are also offered milk and this should be ordered through the school office.



## Prep Autumn Lunch Menu

*All food has been adapted to accommodate dietary requirements where possible*

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event</b>	Homemade Margarita Pizza	Sausages with Roasted Onion Gravy	Sweet Chilli Chicken Noodles	Roast Beef with Mini Yorkshire Puddings and Gravy	White Fish Goujons
<b>The Vegetarian Option</b>	Vegetable Frittata	Red Lentil and Mushroom Bake	Vegetable Sweet Chilli Noodles	Vegetable Lattice Pastry Slice	Arancini Balls with Tomato and Mozzarella filling
<b>The Side Dishes</b> <small>*(with veggie meal only)</small>	Green Beans Heritage Tomatoes and Basil	Chive Mash Potato Carrot and Swede Mash Broad Beans	Steamed Broccoli Prawn Crackers	Thyme Roasted Potatoes Carrots Savoy Cabbage	Sauté Potatoes Peas and Corn
<b>Pudding</b>	Wholemeal Chocolate Sponge with Chocolate Custard	Peach and Greek Yoghurt Pots with Granola Sprinkles	Coconut Rice Pudding with Mixed Berry Puree	Strawberry Jelly	Apple Crumble with Vanilla Custard

The salad bar contains a daily selection of salad and salad vegetables, proteins and carbohydrates, freshly baked bread and dressings. Daily fresh fruit pots

# Lancing Prep Hove Autumn Term Lunch Menus



## Prep Autumn Lunch Menu

*All food has been adapted to accommodate dietary requirements where possible*

Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event</b>	Mac 'n' 3 Cheeses	Build a Burger	Coriander Turkey Curry	Cottage Pie	Battered Sustainable Pollock
<b>The Vegetarian Option</b>	Sweet Potato and Aubergine Lasagne	Build a Veggie Burger	Butternut Squash, Chickpea and Spinach Curry	Red Dragon Pie	Curried Chickpea Cakes Raita and Wholemeal Pitta Bread
<b>The Side Dishes</b> <small>* (with veggie meal only)</small>	Garlic Bread Green Beans Provençale	Herb Roasted New Potatoes Burger fillings: Tomato, Pickles, Lettuce, Cheese and Red Onion	Pilau Rice Naan Bread Mango Chutney	Minted Peas Root Vegetable Mash	Chunky Chips Baked Beans Mushy Peas
<b>Pudding</b>	Apple Crisp with Crème Fraiche	Greek Yoghurt with Fruit Puree	Mixed Fruit Cobbler with School Custard	Fresh Fruit Kebabs	Pear and Blueberry Strudel with Custard

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## Prep Autumn Lunch Menu

*All food has been adapted to accommodate dietary requirements where possible*

Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Main Event</b>	Vegetable Bolognese	Chicken Pie	Jacket Potato with BBQ Pulled Pork	Roast Sage Chicken and Gravy	Fish Fingers
<b>The Vegetarian Option</b>	Potato Gnocchi Tomato and Basil Sauce	Leek, Potato and Cheddar Cheese Pasty	Jacket Potato with BBQ Mixed Beans	Courgette and Mushroom Roulade Roast Tomato Sauce	Squash and Sweet Pepper Tacos
<b>The Side Dishes</b> <small>* (with veggie meal only)</small>	Spaghetti Parmesan Cheese Green Salad	Mash Potatoes Roast Carrots Peas	Scorched Sweetcorn and Red Peppers Seasonal Mixed Salad	Roast Potatoes Roasted Root Vegetables	Oven Baked Potato Wedges Baked Beans
<b>Pudding</b>	Plum Clafoutis and Custard	Fresh Fruit Salad with Coconut Drizzle	Bread and Butter Pudding with Blueberries	Fromage Frais	Sticky Ginger Pudding and Custard


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# Lancing Pre-Prep Hove Autumn Term Lunch Menus



## Pre-Prep Autumn Lunch Menu

Week 1	Meat Free Monday	Taste Buds Tuesday	Wicked Wednesday	Trusty Thursday	Fantastic Friday
<b>The Main Event</b>	Homemade Margarita Pizza	Sausages with Roasted Onion Gravy	Sweet Chilli Chicken Noodles	Roast Beef with Mini Yorkshire Puddings and Gravy	White Fish Goujons
<b>The Vegetarian Option</b>	Vegetable Frittata	Red Lentil and Mushroom Bake	Vegetable Sweet Chilli Noodles	Vegetable Lattice Pastry Slice	Arancini Balls with Tomato and Mozzarella filling
<b>Healthy Nibbles</b>	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta
<b>Pudding</b>	Wholemeal Chocolate Sponge with Chocolate Custard	Peach and Greek Yoghurt Pots with Granola Sprinkles	Coconut Rice Pudding with Mixed Berry Puree	Strawberry Jelly	Apple Crumble with Vanilla Custard



## Pre-Prep Autumn Lunch Menu

Week 2	Meat Free Monday	Taste Buds Tuesday	Wicked Wednesday	Trusty Thursday	Fantastic Friday
<b>The Main Event</b>	Mac 'n' 3 Cheeses	Build a Burger	Coriander Turkey Curry	Cottage Pie	Battered Sustainable Pollock
<b>The Vegetarian Option</b>	Sweet Potato and Aubergine Lasagne	Build a Veggie Burger	Butternut Squash, Chickpea and Spinach Curry	Red Dragon Pie	Curried Chickpea Cakes Raita and Wholemeal Pitta Bread
<b>Healthy Nibbles</b>	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta	Cherry tomatoes Cucumber & carrot sticks Wholemeal pitta
<b>Pudding</b>	Apple Crisp and Crème Fraiche	Greek Yoghurt and Fruit Puree	Mixed Fruit Cobbler and School Custard	Fresh Fruit Kebabs	Pear and Blueberry Strudel and Custard

# Lancing Pre-Prep Hove Autumn Term Lunch Menus



## Pre-Prep Autumn Lunch Menu

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<b>The Main Event</b>	Vegetable Bolognese	Chicken Pie	Jacket Potato with BBQ Pulled Pork	Roast Sage Chicken and Gravy	Fish Fingers
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<b>Pudding</b>	Plum Clafoutis and Custard	Fresh Fruit Salad with Coconut Drizzle	Bread and Butter Pudding with Blueberries	Fromage Frais	Sticky Ginger Pudding and Custard

## Prep School Snack Menu Planner

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Crackers & Cheese	Pain au Chocolate	Bread Sticks	Filled Wraps	Cheese Straws
<b>Afternoon snack</b>	Watermelon Slice	Coconut Muffin	Apple	Shortbread	Satsumas

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Petit Pain	Pizza Bite	Buttered Tea Cakes	Mini Croissant	Cheese on Toast
<b>Afternoon snack</b>	Melon Slice	Chocolate Loaf	Satsumas	Apple	White Krispie Cake

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Sausage Rolls	Pain aux Raisins	Cheesy Garlic Bread	Petit Pain	Wholemeal Sandwiches
<b>Afternoon snack</b>	Orange Wedges	Choc Chip Shortbread	Satsumas	Lemon Drizzle Cake	Rice Cakes