



## Lancing Prep Hove Lunch & Snack Menus Autumn 2023



Lunch is served daily in sessions by age in our bright and airy school hall. 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 snack during mid-morning and mid-afternoon breaks. Pre-School and Pre-Prep children are also offered milk and this should be ordered through the school office.

### Lancing Prep Hove Snack Menu - Autumn Term 2023

#### Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Prep AM	Satsuma	Banana	Filled roll	Pain au Chocolat	Cheese
Prep AM	Petit Pain	Cheese Toast	Banana	Pain au Chocolat	Cheese
Prep PM	Tangerine	Apple	Melon	Pineapple	Fresh Fruit

#### Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Prep AM	Apple	Banana	Filled roll	Pain aux Raisins	Cheese
Prep AM	Cheese Toast	Cheese Pizza	Banana	Pain aux Raisins	Cheese
Prep PM	Pineapple	Tangerine	Watermelon	Apple	Fresh Fruit

#### Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Prep AM	Melon	Banana	Filled roll	Croissant	Cheese
Prep AM	Naan Bread	Cheese Scone	Banana	Croissant	Cheese
Prep PM	Melon	Pineapple	Apple	Tangerine	Fresh Fruit

Snack may vary occasionally, depending on availability but we keep to these snack menus as closely as possible. All dietary needs are catered for.



# Lancing Prep Hove Lunch Menu

WEEK: 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Halloumi and Vegetable Fajitas with Red Pepper Hummus	Lamb Lasagne (with hidden carrots and courgettes)	Roast Beef with mini Yorkshire puddings	Thai Green Chicken Curry, lightly spiced fresh chicken breast with coconut milk, lemon grass, Thai basil and micro coriander	Roasted Salmon with a pesto crust
Main Course Vegetarian	Halloumi and Vegetable Fajitas with Avocado Hummus	Roasted Vegetable Lasagne, topped with mozzarella	Butternut Squash, Vegetable and Butterbean Wellington	Thai Green Vegetable and Chickpea Curry, lightly spiced fresh chicken breast with coconut milk, lemon grass, Thai basil and micro coriander	Spinach and Ricotta Cannelloni
Main Course Vegan	Portabello Vegan Fajitas with Avocado Hummus	Lentil and Vegetable lasagne, topped with vegan cheese	Butternut Squash, Vegetable and Butterbean Wellington	Thai green vegetable and butterbean curry, lightly spiced fresh chicken breast with coconut milk, lemon grass, Thai basil and micro coriander	5x Bean and Spinach cannelloni
Side Orders	Mexican rice Corn on the cob Sour cream Salsa	Garlic and herb bread Medley of peas (garden, mangetout and edamame)	Roast Potatoes Cauliflower cheese Savoy cabbage	Steamed Rice Vegetable Spring Rolls and sweet chilli dipping sauce Broccoli Stir-Fry	Baby New Potatoes Garden Peas and carrots
Seasonal Salad Bar	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings
Dessert of the Day	Tropical fruit salad with mango, lychee & passion fruit  Greek yogurt Fresh fruit	Coconut rice pudding topped with fresh mango and toasted coconut  Greek yogurt Fresh fruit	Greek yoghurt topped with cherry compote  Greek yogurt Fresh fruit	Blueberry and oat muffin  Greek yogurt Fresh fruit	Friday Treat Strawberry shortcake served with warm berry compote  Greek yogurt Fresh fruit

# Lancing Prep Hove Lunch Menu

WEEK: 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Wholemeal Macaroni Cheese topped with a choice of: Slow roasted tomatoes Toasted pumpkin seeds Croutons	Roast Loin of Pork with homemade LPH apple sauce	Chicken Tikka Masala with fresh chicken breast marinated in light Indian spices and yogurt	Wholemeal Pizza topped with home-baked ham and pineapple or Chicken and sliced peppers	Hand-Battered White fish with homemade tartar sauce and a lemon wedge
Main Course Vegetarian	Wholemeal Macaroni Cheese topped with a choice of: Slow roasted tomatoes Toasted pumpkin seeds Croutons	Roasted Vegetable Gratin of Sweet Potato, Leeks and spinach topped with mozzarella	Chickpea and Sweet Potato Curry	Wholewheat Pizza topped with our own tomato sauce, goats cheese and red onion marmalade	Hand-Battered Vegetable and Bean patty with homemade tartar sauce and a lemon wedge
Main Course Vegan	Wholemeal Pasta with lentil, basil and chunky tomato sauce	Roasted Vegetable Gratin of Sweet Potato, Leeks and spinach topped with vegan cheese	Chickpea and Sweet Potato Curry	Wholewheat Pizza topped with our own tomato sauce, vegan cheese and basil	Hand-Battered Vegetable and Bean patty with homemade vegan tartar sauce and a lemon wedge
Side Orders	Garlic dough balls Fine green beans	Roasted new potatoes Steamed broccoli, Carrots and swede Proper gravy	Steamed Rice Naan bread Roasted cauliflower Minted yoghurt & mango chutney	Crudités: Carrot and cucumber sticks Red pepper Baby corn	Skin on Chips Mushy Peas Baked Beans
Seasonal Salad Bar	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings
Dessert of the Day	Warm Carrot Cake with Citrus crème fraiche Greek yogurt Fresh fruit	Fresh fruit salad Greek yogurt Fresh fruit	Fruit jelly selection Greek yogurt Fresh fruit	LPH Apple and blackberry Crumble with lashings of custard Greek yogurt Fresh fruit	Friday treat Blueberry and ginger cheesecake pot Greek yogurt Fresh fruit





# Lancing Prep Hove Lunch Menu

WEEK: 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<b>Wholemeal Pasta Bar</b> Fresh Tomato and Basil Sauce, 3x cheese sauce Garlic mushrooms & crème fraiche, Tuna mayo, grated cheese	Butchers Pork and Apple Sausages with homemade ketchup	<b>Beef Ragù</b> Made with slow-cooked Beef with tomatoes, peppers and mixed beans	Homemade Salmon and Spring Onion Fishcakes	<b>Top your own</b> Butchers beef patty in a brioche bun
<b>Main Course Vegetarian</b>	<b>Wholemeal Pasta Bar</b> Fresh Tomato and Basil Sauce 3x cheese sauce Garlic mushrooms & crème fraiche or grated cheese	Quorn and Vegetable Sausages with homemade ketchup	Not so spicy Vegetable and Bean chilli	Lentil and Root Vegetable Pie topped with Sweet Potato and Cheese Mash	<b>Top your own</b> Mixed Bean and Beetroot patty in a brioche bun
<b>Main Course Vegan</b>	<b>Wholemeal Pasta Bar</b> Fresh Tomato and Basil Garlic mushrooms or vegan cheese	Quorn and Vegetable Sausages with homemade ketchup	Not so spicy Vegetable and Bean chilli	Lentil and Root Vegetable Pie topped with Sweet Potato and Cheese Mash	<b>Top your own</b> Mixed Bean and Beetroot patty in a brioche-style bun
<b>Side Orders</b>	Garlic and Herb bread bites Roasted Vegetables Garden salad	Mashed Potato Carrots and peas Proper gravy	Steamed Brown & White Rice Sour Cream / Peamole Sweetcorn Salsa Cauliflower	Diced Potatoes Purple Sprouting Broccoli Sauteed Courgettes	French Fries Baked Beans Swiss cheese Iceberg Lettuce Sliced Tomato, Mushrooms or red onion
<b>Seasonal Salad Bar</b>	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings	Salad vegetables Daily Protein Mixed Bread Dressings
<b>Dessert of the Day</b>	Plum Clafoutis Greek yogurt Fresh fruit	Greek yogurt topped with Autumn fruit compote (LPH apple, pear, plum and sultanas) Fresh fruit	Apple, Strawberry and Banana Smoothie served with a piece of flapjack Greek yogurt Fresh fruit	Raspberry Yoghurt Trifle Greek yogurt Fresh fruit	<b>Friday Treat</b> Rocky road Greek yogurt Fresh fruit