# SPRING MENU
Week 1

Lancing Prep Worthing
A Lancing College Preparatory School

ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE

| | MONDAY | TUESDAY | WEDNESDAY<br>Try something new | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| LITTLE STARS | Mac & cheese | Spaghetti bolognaise | Scottish Burns Day<br>Haggis | Chilli beef burritos | Battered cod & healthy oven chips |
| MAIN | Mac & cheese | Spaghetti bolognaise | Scottish Burns Day<br>Haggis | Chilli beef burritos | Battered cod & healthy oven chips |
| MAIN<br>(VEGAN<br>& VEG) | Mac & cheese | Vegan spaghetti bolognaise | Scottish Burns Day | Chilli vegan Quorn burritos | Battered cod & healthy oven chips |
| SIDE ORDERS | Spicy chilli bean mix<br>LPW chunky coleslaw<br>Sautéed mushrooms and onions<br>Steamed broccoli | LPW garlic bread<br><br>Sweetcorn | Neeps and tatties<br><br>Leeks and cabbage | Spicy wedges<br>Sweetcorn relish<br>Sour cream | Baked beans<br>peas<br>Ketchup<br>LPW tartare sauce |
| PROTEIN SALAD BAR | Tuna/egg/cheese<br>Various salads<br>Dressings | Sliced meats/egg/cheese<br>Various salads<br>Dressings | Sliced meats/egg/cheese<br>Various salads<br>Dressings | Sliced meats/egg/cheese<br>Various salads<br>Dressings | Sliced meats/egg/cheese<br>Various salads<br>Dressings |
| PUDDING | Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote<br>Fresh fruit | Apple crumble and vanilla cream<br><br>Fresh fruit | Raspberry cranachan<br><br>Fresh fruit | Banana and tropical coconut custard<br><br>Fresh fruit | Blueberry fool<br><br>Fresh fruit |
| PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM | Fresh fruit or vegetable crudités | Fresh fruit or vegetable crudités | Fresh fruit or vegetable crudités | Fresh fruit or vegetable crudités | Fresh fruit or vegetable crudités |
| PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM | Pain au raisin<br><br>Fresh fruit | Vegetable pizza slice<br><br>Fresh fruit | Carrot & fruit muffin<br><br>Fresh fruit | Baked croissant & cheddar filling<br><br>Fresh fruit | Apple flapjack<br><br>Fresh fruit |