

# 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	THURSDAY	FRIDAY
<b>LITTLE STARS</b>	Baked jacket potato/sweet potato	Spaghetti bolognese	Chicken & tomato bake	Tricolour pasta with chicken meatballs in a rich tomato & basil sauce	Butcher's best 100% beef burger and fries
<b>MAIN</b>	Baked jacket potato/sweet potato	Spaghetti bolognese	Chicken, chorizo, tomato & red pepper bake	Tricolour pasta with chicken meatballs in a rich tomato & basil sauce	Butcher's best 100% beef burger and fries
<b>MAIN (VEGAN &amp; VEG)</b>	Baked jacket potato/sweet potato	Vegan spaghetti bolognese	Quorn pieces in a tomato & red pepper bake	Tricolour pasta with Quorn meatballs in a rich tomato & basil sauce	Southern style vegan burger and fries
<b>SIDE ORDERS</b>	Spicy chilli bean mix LPW chunky coleslaw Plain tuna/tuna mayo Baked beans Grated cheddar Sweetcorn	LPW garlic bread  Sweetcorn	Creamy mashed potato  Sliced carrots & peas	Steamed broccoli  Fresh cos salad	Selection of fresh salads  Ketchup
<b>PROTEIN SALAD BAR</b>	Tuna/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings
<b>PUDDING</b>	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote  Fresh fruit	Stewed apple & fruit with vanilla cream  Fresh fruit	Banana & custard	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote  Fresh fruit	Fresh fruit platter
<b>PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM</b>	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
<b>PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM</b>	Pain au raisin  Fresh fruit	Vegetable pizza slice  Fresh fruit	Carrot & fruit muffin  Fresh fruit	Baked croissant & cheddar filling Fresh fruit	

**SPRING MENU**  
Week 1



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LITTLE STARS</b>	Baked jacket potato/sweet potato	Spaghetti bolognese Gluten free pasta	Chicken & tomato bake Free from	Tricolour pasta with chicken meatballs in a rich tomato & basil sauce Gluten free	Butcher's best 100% beef burger and fries Gluten free
<b>MAIN</b>	Baked jacket potato/sweet potato	Spaghetti bolognese Gluten free pasta	Chicken, chorizo, tomato & red pepper bake Free from	Tricolour pasta with chicken meatballs in a rich tomato & basil sauce Gluten free	Butcher's best 100% beef burger and fries Gluten free
<b>MAIN (VEGAN &amp; VEG)</b>	Baked jacket potato/sweet potato	Vegan spaghetti bolognese Gluten free pasta	Quorn pieces in a tomato & red pepper bake Free from	Tricolour pasta with Quorn meatballs in a rich tomato & basil sauce Gluten free	Southern style vegan burger and fries Dairy free
<b>SIDE ORDERS</b>	Spicy chilli bean mix LPW chunky coleslaw <b>vegan</b> Baked beans <b>Vegan</b> grated cheddar Sweetcorn	Gluten free garlic bread Sweetcorn	Creamy mashed potato Free from  Sliced carrots & peas	Steamed broccoli  Fresh cos salad	Selection of fresh salads  Ketchup
<b>PROTEIN SALAD BAR</b>	Tuna/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings	Sliced meats/egg/cheese Various salads Dressings
<b>PUDDING</b>	Dairy free yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote fresh fruit	Apple crumble and vanilla cream Gluten/dairy free Fresh fruit	Dairy free banana custard  Fresh fruit	Dairy free yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote fresh fruit	Fresh fruit platter
<b>PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM</b>	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
<b>PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM</b>	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit