

# SPRING MENU

## Week 2



# Lancing Prep Worthing

A Lancing College Preparatory School

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

	MONDAY Meat Free Monday	TUESDAY Chilli Tuesday	WEDNESDAY Curry Day	THURSDAY Meatballs	FRIDAY Fish Finger Day
<b>LITTLE STARS</b>	Freshly baked French bread margherita pizza with a Caesar salad	Not so chilli beef, mixed beans & hidden veggies	Chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger	Breaded cod fish finger Healthy oven baked fries
<b>MAIN</b>	Freshly baked French bread margherita pizza with a Caesar salad	Mexican chilli beef & mixed beans	Chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger	Breaded cod fish finger Healthy oven baked fries
<b>MAIN (VEGAN &amp; VEG)</b>	Freshly baked French bread margherita pizza with a vegan Caesar salad	Vegetable, lentil & mixed bean chilli	Quorn vegan korma curry Basmati rice	Vegan Asian style meatballs Sticky honey & ginger	Quorn fishless finger Healthy oven baked fries
<b>SIDE ORDERS</b>	Spicy potato wedges Various toppings Sweetcorn/mushroom/peppers	Spicy potato wedges Cool nachos Sour cream & chives LPW guacamole Mixed leaf salad	Mini naan Mango chutney Tomato & onion salad Onion bhaji	Noodles Steamed carrots & Bok Choy	Baked beans Fresh peas ketchup LPW vegan tartare sauce
<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	Reduced sugar vegan fruit jelly  Fresh fruit	Warm pear & oat bar  Fresh fruit	Tangy lemon cheesecake  Fresh fruit	Chocolate & avocado mousse  Fresh fruit
<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>	Vegan sausage roll  Fresh fruit	Cheese filled croissant  Fresh fruit	Banana muffin  Fresh fruit	Traditional flapjack  Fresh fruit	Carrot sticks & houmous  Fresh fruit

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LITTLE STARS</b>	Gluten free ciabatta bread margherita pizza with a Caesar salad	Not so chilli beef, mixed beans & hidden veggies Free from	Dairy free chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger Free from meatballs	Gluten free breaded cod fish finger Healthy oven baked fries
<b>MAIN</b>	Gluten free ciabatta bread margherita pizza with a Caesar salad	Mexican chilli beef & mixed beans Free from	Dairy free chicken korma curry Basmati rice	Asian style pork meatballs Sticky honey & ginger Free from meatballs	Gluten free breaded cod fish finger Healthy oven baked fries
<b>MAIN (VEGAN &amp; VEG)</b>	Gluten free ciabatta bread margherita pizza with a Caesar salad	Vegetable, lentil & mixed bean chilli Free from	Dairy Free Quorn vegan korma curry Basmati rice	Vegan Asian style meatballs Sticky honey & ginger Gluten/dairy free meatballs	Quorn fishless finger /gluten free fish fingers Healthy oven baked fries
<b>SIDE ORDERS</b>	Various toppings Sweetcorn/mushroom/peppers/olives	Spicy potato wedges Cool nachos LPW guacamole Mixed leaf salad	Gluten free mini naan Mango chutney Tomato & onion salad	Rice noodles Steamed carrots & Bok Choy	Baked beans ketchup LPW vegan tartare sauce
<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	Vegan fruit jelly with fresh fruit	Warm pear & gluten free oat bar	Gluten/dairy free Tangy lemon cheesecake	Treat Dairy free chocolate mouse
<b>PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM</b>	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité	Fresh fruit or vegetable crudité
<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