

SPRING MENU

Week 3



Lancing Prep Worthing

A Lancing College Preparatory School

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

	MONDAY	TUESDAY	WEDNESDAY Passover Judaism Menu	THURSDAY	FRIDAY
LITTLE STARS	Wholemeal pasta bar with selection of sauces Potato gnocchi with a lemon herb sauce	Chicken Katsu curry	Passover Lemon and herb chicken Kitchree rice & red lentils	Traditional beef lasagne topped with a creamy cheesy sauce & oven baked	Chicken burger, iceberg lettuce & tomato served in a bun
MAIN	Wholemeal pasta bar with selection of sauces Potato gnocchi with a lemon herb sauce	Chicken Katsu curry	Passover Lemon and herb chicken Kitchree rice & red lentils	Traditional beef lasagne topped with a creamy cheesy sauce & oven baked	Chicken burger, iceberg lettuce & tomato served in a bun
MAIN (VEGAN & VEG)	Wholemeal pasta bar with selection of sauces Potato gnocchi with a lemon herb sauce	Vegan Quorn Katsu curry	Passover Lemon and herb chicken Kitchree rice & red lentils	Vegan Quorn mince lasagne topped with a dairy free sauce & oven baked	Vegan burger, iceberg lettuce & tomato served in a bun
SIDE ORDERS	Cheesy sauce Tomato & basil Poached salmon Green beans Roasted Mediterranean veg	Steamed brown & white rice Mango chutney Broccoli	Rice & red lentils Beetroot & pickled cucumber Roasted mixed vegetables	LPW garlic bread Steamed carrots & peas	Caramelised onions Mustard/BBQ/ketchup sauces Oven baked spicy potato wedges
PROTEIN SALAD BAR	Tuna, egg, cheese Selection of salads	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
PUDDING	Naturel yoghurt & mixed berry compote Fresh fruit	Stewed apples with dried fruit & cinnamon Vanilla custard Fresh fruit	Passover Pizzarelle fritter	Seasonal fresh fruit salad	Raspberry sorbet Fresh fruit
PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM	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
PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM	Freshly baked pain au raisin Fresh fruit	Baked croissant with cheddar cheese slice Fresh fruit	Blueberry muffin Fresh fruit	Vegetable pizza slice Fresh fruit	Apple flapjack Fresh fruit

SPRING MENU

Week 3 Allergens



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	MONDAY	TUESDAY	WEDNESDAY Passover Judaism Menu	THURSDAY	FRIDAY
LITTLE STARS	Wholemeal pasta bar with selection of sauces Gluten free pasta	Chicken Katsu curry Gluten free	Passover Lemon and herb chicken Kitchree rice & red lentils Free from	Traditional beef lasagne topped with a creamy cheesy sauce & oven baked Gluten free/ dairy free	Chicken burger, iceberg lettuce & tomato served in a gluten free bun
MAIN	Wholemeal pasta bar with selection of sauces Gluten free pasta	Chicken Katsu curry Gluten free	Passover Lemon and herb chicken Kitchree rice & red lentils Free from	Traditional beef lasagne topped with a creamy cheesy sauce & oven baked Gluten free/ dairy free	Chicken burger, iceberg lettuce & tomato served in a gluten free bun
MAIN (VEGAN & VEG)	Wholemeal pasta bar with selection of sauces Gluten free pasta	Vegan Quorn katsu curry Gluten free	Passover Lemon and herb chicken Kitchree rice & red lentils Free from	Vegan Quorn mince lasagne topped with a dairy free sauce & oven baked	Vegan burger, iceberg lettuce & tomato served in a gluten free bun
SIDE ORDERS	Cheesy sauce Tomato & basil Poached salmon Green beans Roasted Mediterranean veg	Steamed brown & white rice Mango chutney Broccoli	Rice & red lentils Beetroot & pickled cucumber Roasted mixed vegetables	Gluten free garlic bread Steamed carrots & peas	Caramelised onions Mustard/BBQ/ketchup sauces Oven baked spicy potato wedges
PROTEIN SALAD BAR	Tuna, egg, cheese Selection of salads	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
PUDDING	Dairy free yoghurt & mixed berry compote Fresh fruit	Stewed apples with dried fruit & cinnamon Vanilla dairy free custard Fresh fruit	Passover Pizzarelle fritter Gluten free	Seasonal fresh fruit salad	Raspberry sorbet Free from 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	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit