

SUMMER 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 Meat free Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Wholemeal pasta bar with selection of sauces and toppings	Mild creamy chicken korma	Oven baked chicken burger Crispy iceberg lettuce Sliced tomatoes	Ben's LPW beef lasagne	Oven baked battered cod Steamed plain cod
MAIN	Wholemeal pasta bar with selection of sauces and toppings	Spiced creamy chicken korma	Oven baked chicken burger Crispy iceberg lettuce Sliced tomatoes	Ben's LPW beef lasagne	Oven baked battered cod Steamed plain cod
MAIN (VEGAN & VEG)	Wholemeal pasta bar with selection of sauces and toppings	Spiced creamy sweet potato and pepper korma	Southern style Quorn burger Crispy iceberg lettuce Sliced tomatoes	Plant-based vegan lasagne	Fishless fingers Steamed plain cod
SIDE ORDERS	Cheesy sauce Tomato & basil Poached salmon Green beans	Steamed basmati rice Mini warm naan Onion bhaji Cucumber raita, tomato and onion Piyaz salad	Cracked black pepper fries Caramelised onions	LPW garlic bread Steamed carrots Dressed Cos salad	Baked beans Peas Ketchup
PROTEIN SALAD BAR	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	Sliced meats/egg/cheese Various salads Dressings
PUDDING	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote Fresh fruit	Cinnamon apple wholemeal oat crumble and vanilla cream Fresh fruit	Warm pear LPW flapjack Fresh fruit	Tropical fresh fruit salad Coconut cream	Raspberry and oat Cranachan 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	Freshly baked pain au raisin Fresh fruit	Freshly baked croissant with cheese Fresh fruit	Blueberry muffin Fresh fruit	Wholemeal pitta pizza slice Fresh fruit	Traditional flapjack Fresh fruit

SUMMER MENU

Week 3 Allergens



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	MONDAY Meat free Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Wholemeal pasta bar with selection of sauces and toppings Gluten free pasta	Mild creamy chicken korma Dairy free/free from	Chicken burger, iceberg lettuce & tomato served in a gluten free bun	Ben's LPW beef lasagne Gluten free/ dairy free	Oven baked battered cod Steamed plain cod Gluten free cod
MAIN	Wholemeal pasta bar with selection of sauces and toppings Gluten free pasta	Spiced creamy chicken korma Dairy free/free from	Dairy/gluten free chicken fillet Gluten free bun	Ben's LPW beef lasagne Gluten free/ dairy free	Oven baked battered cod Steamed plain cod Gluten free cod
MAIN (VEGAN & VEG)	Wholemeal pasta bar with selection of sauces and toppings Gluten free pasta	Spiced creamy sweet potato and pepper korma Dairy free/free from	Southern style vegan Quorn burger, iceberg lettuce & tomato served in a gluten free bun	Plant-based vegan lasagne topped with a dairy free sauce	Fishless fingers Steamed plain cod
SIDE ORDERS	Cheesy sauce/ dairy free Tomato & basil Poached salmon Green beans	Steamed basmati rice Mini warm naan/ gluten free Onion bhaji Cucumber raita, tomato and onion Piyaz salad	Cracked black pepper fries Caramelised onions	Gluten free garlic bread Steamed carrots Dressed Cos salad	Baked beans Peas Ketchup
PROTEIN SALAD BAR	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	Sliced meats/egg/cheese Various salads Dressings
PUDDING	Dairy free yoghurt Fresh fruit	Cinnamon apple gluten free crumble and plant-based cream Fresh fruit	Warm pear LPW flapjack gluten free Fresh fruit	Tropical fresh fruit salad Plant based Coconut cream	Raspberry and oat Cranachan Dairy/vegan free 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	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit	Allergen alternative Fresh fruit