SUMMER 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 Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Classic Spanish tortilla Baked potato with fillings Pasta station	Portuguese Peri Peri chicken	Cottage pie topped with herby creamed mashed potato	Roast chicken, sage & onion stuffing, thyme gravy	Freshy oven baked margherita pizza/ shredded ham/ pepperoni
MAIN	Classic Spanish tortilla Baked potato with fillings Pasta station	Portuguese Peri Peri chicken	Cottage pie topped with herby creamed mashed potato	Roast chicken, sage & onion stuffing, thyme gravy	Freshy oven baked margherita pizza/ shredded ham/ pepperoni
MAIN (VEGAN & VEG)	Baked jacket potato Pasta station	Peri Peri marinated plant-based fillet	Plant based cottage pie with herby creamed mashed potato	Marinated roasted Quorn fillet	Freshy oven baked margherita pizza/ mixed pepper/mushroom/sweetcorn
SIDE ORDERS	Steamed broccoli Tuna, baked beans, tomato & basil sauce	Infused red lentils & rice with tomatoes and turmeric Sweetcorn	Savoury cabbage with minted peas Baked beans	Roast potatoes Steamed greens Honey glazed roasted carrots Stuffing	Oven chips Various toppings Vegan Caesar salad
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	Reduced sugar vegan fruit jelly	Seasonal fresh fruit platter	Cocoa rice pudding	Mixed berry Eton mess
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	Baked vegan sausage roll Fresh fruit	Freshly baked croissant with cheese Fresh fruit	Carrot and fruit muffin Fresh fruit	Wholemeal pitta pizza slice Fresh fruit	Apple flapjack Fresh fruit

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Classic Spanish tortilla Baked potato with fillings Pasta station Gluten dairy free	Portuguese Peri Peri chicken Free from	Cottage pie topped with herby creamed dairy free mashed potato	Roast chicken, thyme gravy Free from	Freshy oven baked margherita gluten/dairy free pizza/ shredded ham/ pepperoni
MAIN	Classic Spanish tortilla Baked potato with fillings Pasta station Gluten dairy free	Portuguese Peri Peri chicken Free from	Cottage pie topped with herby creamed dairy free mashed potato	Roast chicken, thyme gravy Free from	Freshy oven baked margherita gluten/dairy free pizza / shredded ham/ pepperoni
MAIN (VEGAN & VEG)	Baked jacket potato Pasta station Gluten dairy free	Peri Peri marinated plant-based fillet Free from	Plant-based cottage pie with a herby creamed dairy free mashed potato	Marinated roasted Quorn fillet	Freshy oven baked margherita gluten/dairy free pizza / mixed pepper/mushroom/sweetcorn
SIDE ORDERS	Steamed broccoli Tuna, baked beans, tomato & basil sauce	Infused red lentils & rice with tomatoes and turmeric, sweetcorn	Savoury cabbage with minted peas Baked beans	Roast potatoes Steamed greens Honey glazed roasted carrots stuffing	Oven chips Various toppings Vegan Caesar salad
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	Reduced sugar vegan fruit jelly	Seasonal fresh fruit platter	Cocoa dairy free rice pudding	Mixed berry vegan Eton mess
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