

# SUMMER 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 Bank Holiday Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
<b>LITTLE STARS</b>		Breaded Katsu chicken with a light curry sauce	Not so chilli beef mixed beans & hidden veg	Pork/chicken meatballs in a marinara tomato sauce	Breaded cod fish finger Healthy oven baked fries
<b>MAIN</b>		Breaded Katsu chicken with a light curry sauce	Mexican chilli beef & mixed beans	Pork/chicken meatballs in a marinara tomato sauce	Breaded cod fish finger Healthy oven baked fries
<b>MAIN (VEGAN &amp; VEG)</b>		Breaded Quorn fillet with a light curry sauce	Plant based Mexican mixed bean chilli	Quorn meatballs in a marinara tomato sauce	Quorn fishless finger Healthy oven baked fries
<b>SIDE ORDERS</b>		Steamed white & brown rice  Roasted broccoli	Spicy potato wedges Cool nachos Sour cream LPW guacamole	Tricolour pasta  Buttered broad beans	Baked beans Fresh peas Ketchup/vegan mayo
<b>PROTEIN SALAD BAR</b>		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	Zingy lemon cheesecake  Fresh fruit	Fruit trifle  Fresh fruit	Frozen fruit yoghurt  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
<b>PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM</b>		Wholemeal pitta pizza slice  Fresh fruit	Banana & vanilla muffin  Fresh fruit	Freshly baked croissant with cheese  Fresh fruit	Carrot batons & cucumber with a houmous dip  Fresh fruit

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	MONDAY Bank Holiday Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
<b>LITTLE STARS</b>		Breaded Katsu chicken with a light curry sauce <b>Gluten/dairy free</b>	Not so chilli beef mixed beans & hidden veg <b>Free from</b>	Chicken meatballs in a marinara tomato sauce <b>Free from</b>	Breaded <b>gluten free</b> cod fish finger Healthy oven baked fries
<b>MAIN</b>		Breaded Katsu chicken with a light curry sauce <b>Gluten/dairy free</b>	Mexican chilli beef & mixed beans <b>Free from</b>	Chicken meatballs in a marinara tomato sauce <b>Free from</b>	Breaded <b>gluten free</b> cod fish finger Healthy oven baked fries
<b>MAIN (VEGAN &amp; VEG)</b>		Breaded Quorn fillet with a light curry sauce <b>Gluten/dairy free</b>	Plant based Mexican mixed bean chilli <b>Free from</b>	Quorn meatballs in a marinara tomato sauce <b>Free from</b>	Quorn fishless finger Healthy oven baked fries
<b>SIDE ORDERS</b>		Steamed white & brown rice  Roasted broccoli	Spicy potato wedges Cool nachos Sour cream LPW Guacamole	Tricolour pasta  Buttered broad beans	Baked beans Fresh peas Ketchup/Vegan mayo
<b>PROTEIN SALAD BAR</b>		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>		<b>Dairy free yoghurt</b>	Zingy <b>gluten/dairy free</b> lemon cheesecake	<b>Gluten/dairy free</b> Fruit trifle	Frozen fruit <b>dairy free</b> yoghurt
<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
<b>PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM</b>		<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit