

# 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 Eid al-Adha faith Day	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Numbers Day BBQ
<b>LITTLE STARS</b>	Wholemeal pasta bar with selection of sauces and toppings	Sindi chicken biryani Poha potatoes Smoked baked aubergine	Oven baked chicken burger Crispy iceberg lettuce Sliced tomatoes	Ben's LPW beef lasagne	BBQ
<b>MAIN</b>	Wholemeal pasta bar with selection of sauces and toppings	Sindi chicken biryani Poha potatoes Smoked baked aubergine	Oven baked chicken burger Crispy iceberg lettuce Sliced tomatoes	Ben's LPW beef lasagne	BBQ
<b>MAIN (VEGAN &amp; VEG)</b>	Wholemeal pasta bar with selection of sauces and toppings	Sindi chicken biryani Poha potatoes Smoked baked aubergine	Southern style Quorn burger Crispy iceberg lettuce Sliced tomatoes	Plant-based vegan lasagne	BBQ
<b>SIDE ORDERS</b>	Cheesy sauce Tomato & basil Poached salmon Green beans	Mini flat bread Vegetable pakoras Cucumber raita, tomato and onion Piyaz salad	Cracked black pepper fries  Caramelised onions	LPW garlic bread  Steamed carrots  Dressed Cos salad	Oven baked potato wedges Sweetcorn ribs Fried onions Selection of sauces, cheese, tomato, iceberg lettuce
<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	Sliced meats/egg/cheese Various salads Dressings
<b>PUDDING</b>	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote  Fresh fruit	Kheer Slow cooked aromatic rice pudding  Fresh fruit	Warm pear LPW flapjack  Fresh fruit	Tropical fresh fruit salad Coconut cream	Natural fruit & vegetable lollies
<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>	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

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## Week 3 Allergens



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	MONDAY Meat free Monday	TUESDAY Eid al-Adha faith Day	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Numbers Day
LITTLE STARS	Wholemeal pasta bar with selection of sauces and toppings <b>Gluten free pasta</b>	Sindi chicken biryani Poha potatoes Smoked baked aubergine <b>All free from</b>	Chicken burger, iceberg lettuce & tomato served in a <b>gluten free bun</b>	Ben's LPW beef lasagne <b>Gluten free/ dairy free</b>	BBQ <b>Gluten/dairy free</b>
MAIN	Wholemeal pasta bar with selection of sauces and toppings <b>Gluten free pasta</b>	Sindi chicken biryani Poha potatoes Smoked baked aubergine <b>All free from</b>	<b>Dairy/gluten free chicken fillet</b> <b>Gluten free bun</b>	Ben's LPW beef lasagne <b>Gluten free/ dairy free</b>	BBQ <b>Gluten/dairy free</b>
MAIN (VEGAN & VEG)	Wholemeal pasta bar with selection of sauces and toppings <b>Gluten free pasta</b>	Sindi butternut squash biryani Poha potatoes Smoked baked aubergine <b>All free from</b>	Southern style vegan Quorn burger, iceberg lettuce & tomato served in a <b>gluten free bun</b>	Plant-based vegan lasagne topped with a <b>dairy free</b> sauce	BBQ <b>vegan</b>
SIDE ORDERS	Cheesy sauce/ <b>dairy free</b> Tomato & basil Poached salmon Green beans	Mini flat bread Vegetable pakoras Cucumber raita, tomato and onion Piyaz salad	Cracked black pepper fries  Caramelised onions	<b>Gluten free garlic bread</b>  Steamed carrots  Dressed Cos salad	Oven baked potato wedges Sweetcorn ribs Fried onions Selection of sauces, cheese, tomato, iceberg lettuce
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	<b>Dairy free</b> yoghurt  Fresh fruit	Kheer Slow cooked aromatic rice pudding  Fresh fruit	Warm pear LPW flapjack <b>gluten free</b>  Fresh fruit	Tropical fresh fruit salad  <b>Plant based Coconut cream</b>	Natural fruit & vegetable lollies <b>Free from</b>
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	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit	<b>Allergen alternative</b>  Fresh fruit