

	MONDAY Meat free Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Oven baked cheesy topped macaroni & cauliflower cheese	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
MAIN	Oven baked cheesy topped macaroni & cauliflower cheese	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
MAIN (VEGAN & VEG)	Butternut squash & minted pea Risotto	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
SIDE ORDERS	Sundried tomatoes Crispy bacon Roasted medley of root vegetables	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
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	Peach pie & crème fraiche Fresh fruit	Zingy lemon cheesecake Fresh fruit	Tiramisu Fresh fruit	Frozen fruit yoghurt 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	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

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 Meat free Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Oven baked cheesy topped macaroni & cauliflower cheese Dairy free	Breaded Katsu chicken with a light curry sauce Gluten/dairy free	Not so chilli beef mixed beans & hidden veg Free from	Pork/chicken meatballs in a marinara tomato sauce Free from	Breaded gluten free cod fish finger Healthy oven baked fries
MAIN	Oven baked cheesy topped macaroni & cauliflower cheese Dairy free	Breaded Katsu chicken with a light curry sauce Gluten/dairy free	Mexican chilli beef & mixed beans Free from	Pork/chicken meatballs in a marinara tomato sauce Free from	Breaded gluten free cod fish finger Healthy oven baked fries
MAIN (VEGAN & VEG)	Butternut squash & minted pea Risotto Free from	Breaded Quorn fillet with a light curry sauce Gluten/dairy free	Plant based Mexican mixed bean chilli Free from	Quorn meatballs in a marinara tomato sauce Free from	Quorn fishless finger Healthy oven baked fries
SIDE ORDERS	Sundried tomatoes Crispy bacon Roasted medley of vegetables	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
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	Dairy free yoghurt	Zingy gluten/dairy free lemon cheesecake	Gluten/dairy Free Tiramisu	Frozen fruit dairy free yoghurt
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