

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 Buddhism Faith Day		FRIDAY Third Generation Day	
LITTLE STARS		Classic Spanish tortilla Baked potato with fillings Pasta station		Portuguese Peri Peri chicken		Tradional spaghetti bolognaise		Buddha Bowl Tofu Grains Vegetables		Themed fish & chips	
MAIN		Classic Spanish tortilla Baked potato with fillings Pasta station		Portuguese Peri Peri chicken		Tradional spaghetti bolognaise		Buddha Bowl Tofu Grains Vegetables		TGD	
MAIN (VEGAN & VEG)		Baked jacket potato Pasta station		Peri Peri marinated plant-based fillet		Plant-based traditional spaghetti bolognaise		Buddha Bowl Tofu Grains Vegetables		TGD	
SIDE ORDERS		Steamed broccoli Tuna, baked beans, tomato & basil sauce		Infused red lentils & rice with tomatoes and turmeric Sweetcorn		LPW garlic bread Spaghetti Steamed peas/courgettes		Dressed salads Roasted vegetables Soy sauces Grains & lentils		TGD	
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		Selection of 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		Chocolate/tofu mousse Coconut cookies		Ice cream & sprinkles	
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		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		TGD	

SUMMER MENU Week 2			Lancing Prep Worthing		ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE	
		A Lancing College Preparatory School				
	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	Tradional spaghetti bolognaise Gluten free pasta	Buddha Bowl Tofu Grains Vegetables Free from	Gluten free fish Fishless fingers	
MAIN	Classic Spanish tortilla Baked potato with fillings Pasta station Gluten dairy free	Portuguese Peri Peri chicken Free from	Tradional spaghetti bolognaise Gluten free pasta	Buddha Bowl Tofu Grains Vegetables	TGD	
MAIN (VEGAN & VEG)	Baked jacket potato Pasta station Gluten dairy free	Peri Peri marinated plant-based fillet Free from	Plant-based traditional spaghetti bolognaise Gluten free pasta	Buddha Bowl Tofu Grains Vegetables	TGD	
SIDE ORDERS	Steamed broccoli Tuna, baked beans, tomato & basil sauce	Infused red lentils & rice with tomatoes and turmeric, sweetcorn	LPW garlic bread Gluten free Steamed peas/courgettes	Dressed salads Roasted vegetables Soy sauces Grains & lentils	TGD	
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	Chocolate/tofu mousse Dairy free Coconut cookies gluten free	Vegan dairy free ice cream	
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	