

AUTUMN 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	Farfalle pasta Selection of sauces and sides Poached salmon	Chicken tikka masala Spinach pakora	Savoury mince & herby dumplings	Wholemeal pasta spirals with a LPW pea and basil pesto chicken	Freshly made LPW French bread pizza
MAIN	Farfalle pasta Selection of sauces and sides Poached salmon	Spicy chicken tikka masala Spinach pakora	Savoury mince & herby dumplings	Wholemeal pasta spirals with a LPW pea and basil pesto chicken	Freshly made LPW French Bread pizza
MAIN (VEGAN & VEG)	Farfalle pasta Selection of sauces and sides Poached salmon	Chickpea & lentil tikka masala Pakora	Vegan plant-based savoury mince & herby dumplings	Wholemeal pasta spirals with a LPW pea and basil pesto protein Quorn pieces	Freshly made LPW French Bread pizza
SIDE ORDERS	Tomato & basil sauce Tangy cheese sauce Roasted butternut squash Roasted teriyaki broccoli	Mini naan Mixed rice Spiced cauliflower Toasted coconut Chutney Cucumber raita	Creamy mash Savoury cabbage/steamed carrots	Garlic bread slices Sweetcorn with mixed peppers Steamed broccoli	Various toppings Pepperoni/peppers/tuna/classic margherita Hash brown bites & sour cream
PROTEIN SALAD BAR	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings
PUDDING	Natural yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote	Vegan reduced sugar fruit jelly	Blueberry puff pastry scrolls	Sliced banana with a Lotus Biscoff custard	Reduced sugar chocolate mousse
PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM	Fresh fruit or vegetable crudité's	Fresh fruit or vegetable crudité's	Fresh fruit or vegetable crudité's	Fresh fruit or vegetable crudité's	Fresh fruit or vegetable crudité's
PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM	Baked vegan sausage roll Fresh fruit	Freshly baked croissant with cheese Fresh fruit	Carrot and courgette muffin Fresh Fruit	Wholemeal pizza slice Fresh fruit	Freshly baked croissant with cheese Fresh fruit

AUTUMN MENU
Week 2 Allergen Menu



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	MONDAY Meat Free Monday	TUESDAY Tasty Tuesday	WEDNESDAY Wellness Wednesday	THURSDAY Traditional Thursday	FRIDAY Fun Friday
LITTLE STARS	Farfalle pasta Selection of sauces and sides Poached salmon GLUTEN/DAIRY FREE	Chicken tikka masala Spinach pakora FREE FROM	Savoury mince & herby dumplings GLUTEN FREE	Wholemeal pasta spirals with a LPW pea and basil pesto chicken GLUTEN/DAIRY FREE	Freshly made LPW French bread pizza GLUTEN/DAIRY FREE
MAIN	Farfalle pasta Selection of sauces and sides Poached salmon GLUTEN/DAIRY FREE	Spicy chicken tikka masala Spinach pakora GLUTEN/DAIRY FREE	Savoury mince & herby dumplings GLUTEN FREE	Wholemeal pasta spirals with a LPW pea and basil pesto chicken GLUTEN/DAIRY FREE	Freshly made LPW French Bread pizza GLUTEN/DAIRY FREE
MAIN (VEGAN & VEG)	Farfalle pasta Selection of sauces and sides Poached salmon GLUTEN/DAIRY FREE	Chickpea & lentil tikka masala Pakora GLUTEN/DAIRY FREE	Vegan plant-based savoury mince & herby dumplings GLUTEN FREE	Wholemeal pasta spirals with a LPW pea and basil pesto protein Quorn pieces GLUTEN/DAIRY FREE	Freshly made LPW French Bread pizza GLUTEN/DAIRY FREE
SIDE ORDERS	Tomato & basil sauce Tangy cheese sauce Roasted butternut squash Roasted teriyaki broccoli	Mini naan Mixed rice Spiced cauliflower Toasted coconut Chutney Cucumber raita	Creamy mash Savoury cabbage/steamed carrots	GLUTEN FREE Garlic bread slices Sweetcorn with mixed peppers Steamed broccoli	Various toppings Pepperoni/peppers/tuna/classic margherita Hash brown bites & sour cream
PROTEIN SALAD BAR	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings	Various freshly made salads Sliced meats/cheese/eggs Selection of dressings
PUDDING	SOYA YOGHURT with sunflower seeds, pumpkin seeds, honey or fruit compote	Vegan reduced sugar fruit jelly	Blueberry puff pastry scrolls GLUTEN FREE	Sliced banana with a Lotus Biscoff custard GLUTEN/DAIRY FREE	Reduced sugar chocolate mousse GLUTEN/DAIRY FREE
PRE-PREP AFTERNOON SNACK DELIVERED TO THE CLASSROOM AT 2PM	Fresh fruit or vegetable crudité s	Fresh fruit or vegetable crudité s	Fresh fruit or vegetable crudité s	Fresh fruit or vegetable crudité s	Fresh fruit or vegetable crudité s
PREP SCHOOL AFTERNOON SNACK SERVED AT 4PM	Allergen Alternative	Allergen Alternative	Allergen Alternative	Allergen Alternative	Allergen Alternative