

| AUTUMN MENU<br>Week 3                                            |                                                                                                  |  <div> Lancing Prep Worthing A Lancing College Preparatory School </div> |                                                                                   | ALL ARE MEALS ARE CAREFULLY<br>CHECKED FOR ALLERGENS, AND<br>ALTERNATIVE OPTIONS ARE AVAILABLE |                                                                                   |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|                                                                  | MONDAY                                                                                           | TUESDAY                                                                                                                                                 | WEDNESDAY                                                                         | THURSDAY                                                                                       | FRIDAY                                                                            |
| LITTLE STARS                                                     | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>feta & baked egg                                   | Warm chicken Caesar salad                                                                                                                               | Roast gammon & parsley sauce                                                      | Teriyaki chicken stir-fry and<br>noodles                                                       | Steamed white fish with a<br>roasted red pepper & tomato<br>sauce                 |
| MAIN                                                             | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>feta & baked egg                                   | Warm chicken Caesar salad                                                                                                                               | Roast gammon & parsley sauce                                                      | Teriyaki chicken stir-fry and<br>noodles                                                       | Steamed white fish with a<br>roasted red pepper & tomato<br>sauce                 |
| MAIN<br>(VEGAN<br>& VEG)                                         | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>Tofu                                               | Warm smoked tofu Caesar salad                                                                                                                           | Protein Quorn marinated fillet                                                    | Teriyaki smoked tofu stir-fry<br>noodles                                                       | Tofu protein with a roasted red<br>pepper sauce                                   |
| SIDE ORDERS                                                      | Crusty bread<br>Israel Tabouli salad<br>Houmous<br>Mint and lemon dressing                       | Minted salad potatoes<br>Selection of salsas<br>and toppings<br>Wholemeal pasta                                                                         | Creamed mash potato<br>Roasted thyme carrots<br>Fresh peas                        | Spring rolls<br>Roasted soy & ginger broccoli<br>Steamed noodles                               | Couscous<br>Green beans                                                           |
| PROTEIN SALAD<br>BAR                                             | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings                | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings                                                                       | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings              | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings |
| PUDDING                                                          | Natural yoghurt with sunflower<br>seeds, pumpkin seeds, honey or<br>fruit compote<br>Fresh fruit | Caramel spicy apple tarte tatin<br>Vanilla custard                                                                                                      | Cranberry flapjack                                                                | Chia yoghurt pudding                                                                           | Chocolate apple cake                                                              |
| PRE-PREP AFTERNOON<br>SNACK DELIVERED TO THE<br>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<br>AFTERNOON SNACK<br>SERVED AT 4PM                  | Freshly baked croissant with cheese<br><br>Fresh fruit                                           | Freshly baked pain au raisin<br><br>Fresh fruit                                                                                                         | Blueberry muffin<br><br>Fresh fruit                                               | Baton carrots and cucumber<br>Houmous dip<br><br>Fresh fruit                                   | LPW Flapjack<br><br>Fresh Fruit                                                   |

AUTUMN MENU  
Week 3 ALLERGEN MENU



Lancing Prep Worthing  
A Lancing College Preparatory School

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|                                                                  | MONDAY                                                                                                 | TUESDAY                                                                           | WEDNESDAY                                                                         | THURSDAY                                                                                   | FRIDAY                                                                            |
|------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| LITTLE STARS                                                     | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>feta & baked egg<br>DAIRY FREE/VEGAN CHEESE &<br>YOGHURT | Warm chicken Caesar salad<br>GLUTEN/DAIRY FREE                                    | Roast gammon & parsley sauce<br>DAIRY FREE SAUCE                                  | Teriyaki chicken stir-fry and<br>noodles<br>RICE NOODLES FREE FROM                         | Steamed white fish with a roasted<br>red pepper & tomato sauce                    |
| MAIN                                                             | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>feta & baked egg                                         | Warm chicken Caesar salad                                                         | Roast gammon & parsley sauce                                                      | Teriyaki chicken stir-fry and<br>noodles                                                   | Steamed white fish with a roasted<br>red pepper & tomato sauce                    |
| MAIN<br>(VEGAN<br>& VEG)                                         | Shakshuka<br>Smoky peppers, tangy yoghurt,<br>Tofu                                                     | Warm smoked tofu Caesar salad                                                     | Protein Quorn marinated fillet                                                    | Teriyaki smoked tofu stir-fry<br>noodles<br>RICE NOODLES FREE FROM                         | Tofu protein with a roasted red<br>pepper sauce                                   |
| SIDE ORDERS                                                      | Crusty bread GLUTEN FREE<br>Israel Tabouli salad<br>Houmous<br>Mint and lemon dressing                 | Minted salad potatoes<br>Selection of salsas<br>and toppings<br>Wholemeal pasta   | Creamed mash potato DAIRY<br>FREE<br>Roasted thyme carrots<br>Fresh peas          | Spring rolls<br>Roasted soy & ginger broccoli<br>Steamed noodles<br>RICE NOODLES FREE FROM | Couscous<br>Gluten free alternative<br>Green beans                                |
| PROTEIN SALAD<br>BAR                                             | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings                      | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings          | Various freshly made salads<br>Sliced meats/cheese/eggs<br>Selection of dressings |
| PUDDING                                                          | SOYA YOGHURTS with sunflower<br>seeds, pumpkin seeds, honey or<br>fruit compote<br>Fresh fruit         | Caramel spicy apple tarte tatin<br>Vanilla custard<br>GLUTEN/DAIRY FREE           | Cranberry flapjack<br>GLUTEN FREE                                                 | Chia yoghurt pudding<br>DAIRY FREE                                                         | Chocolate apple cake<br>GLUTEN FREE                                               |
| PRE-PREP AFTERNOON<br>SNACK DELIVERED TO THE<br>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<br>SNACK SERVED AT 4PM                     | Allergen alternative                                                                                   | Allergen alternative                                                              | Allergen alternative                                                              | Allergen alternative                                                                       | Allergen alternative                                                              |