AUTUMN 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 bake	Breaded Katsu chicken with a light curry sauce	Not so chilli beef tacos	Pork/chicken meatballs in a marinara tomato & basil sauce	Breaded cod fish finger Healthy oven baked fries
MAIN	Oven baked cheesy topped macaroni & cauliflower cheese bake	Breaded Katsu chicken with a light curry sauce	Mexican chilli beef & mixed beans tacos	Pork/chicken meatballs in a marinara tomato & basil sauce	Breaded cod fish finger Healthy oven baked fries
MAIN (VEGAN & VEG)	Oven baked cheesy topped macaroni & cauliflower cheese bake	Breaded Quorn fillet with a light curry sauce	Plant-based Mexican chilli mixed bean tacos	Quorn meatballs in a marinara tomato sauce	Quorn fishless finger Healthy oven baked fries Plain cod fillet
SIDE ORDERS	Roasted tomatoes & capers, Sun dried tomatoes, crispy bacon Minted peas	Steamed white & brown rice Roasted broccoli & sweetcorn	Spicy potato wedges Cool nachos Sour cream LPW guacamole	Tricolour pasta Sliced carrots	Baked beans Fresh peas Ketchup/vegan mayo Oven fries
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	Banana & blueberry baked oats	Vegan reduced sugar fruit jelly	Tiramisu	Frozen fruit yoghurt
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 aux 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

AUTUMN MENU
Week 1 ALLERGEN MENU

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	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 bake GLUTEN/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 bake Allergen Alternative	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)	Oven baked cheesy topped macaroni & cauliflower cheese bake Allergen Alternative	Breaded Quorn fillet with a light curry sauce Gluten/dairy Free	Plant-based Mexican chilli mixed bean Free From	Quorn meatballs in a marinara tomato sauce Free From	Quorn fishless finger Healthy oven baked fries
SIDE ORDERS	Roasted tomatoes & capers, Sun dried tomato, crispy bacon Minted peas	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	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 Fresh fruit	Banana & blueberry baked oats Gluten free	Vegan reduced sugar fruit jelly	Gluten/Dairy Free Tiramisu	Frozen Fruit Dairy Free yoghurt
AFTERNOON SNACK	Allergen Alternative	Allergen Alternative	Allergen Alternative	Allergen Alternative	Allergen Alternative
PRE-PREP AFTERNOON SNACK	**Fresh fruit or vegetable crudities**	**Fresh fruit or vegetable crudities**	**Fresh fruit or vegetable crudities**	**Fresh fruit or vegetable crudities**	**Fresh fruit or vegetable crudities**