

AUTUMN MENU Week 3		 Lancing Prep Worthing A Lancing College Preparatory School		ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Shakshuka Smoky peppers, tangy yoghurt, feta & baked egg	Warm chicken Caesar salad	Roast gammon & parsley sauce	Teriyaki chicken stir-fry and noodles	Steamed white fish with a roasted red pepper & tomato sauce
MAIN	Shakshuka Smoky peppers, tangy yoghurt, feta & baked egg	Warm chicken Caesar salad	Roast gammon & parsley sauce	Teriyaki chicken stir-fry and noodles	Steamed white fish with a roasted red pepper & tomato sauce
MAIN (VEGAN & VEG)	Shakshuka Smoky peppers, tangy yoghurt, Tofu	Warm smoked tofu Caesar salad	Protein Quorn marinated fillet	Teriyaki smoked tofu stir-fry noodles	Tofu protein with a roasted red pepper sauce
SIDE ORDERS	Crusty bread Lemon and herb couscous Houmous Mint and lemon dressing	Minted salad potatoes Selection of salsas and toppings Wholemeal pasta	Creamed mash potato Roasted thyme carrots Fresh peas	Spring rolls Roasted soy & ginger broccoli Steamed noodles	Couscous Green beans
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 Fresh fruit	Cranberry LPW flapjack	Vegan reduced sugar fruit jelly	Chia yoghurt pudding	Chocolate apple cake
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	Freshly baked croissant with cheese Fresh fruit	Freshly baked pain au raisin Fresh fruit	Blueberry muffin Fresh fruit	Baton carrots and cucumber Houmous dip Fresh fruit	LPW Flapjack Fresh Fruit

AUTUMN MENU Week 3 ALLERGEN MENU			Lancing Prep Worthing A Lancing College Preparatory School		ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LITTLE STARS	Shakshuka Smoky peppers, tangy yoghurt, feta & baked egg DAIRY FREE/VEGAN CHEESE & YOGHURT	Warm chicken Caesar salad GLUTEN/DAIRY FREE	Roast gammon & parsley sauce DAIRY FREE SAUCE	Teriyaki chicken stir-fry and noodles RICE NOODLES FREE FROM	Steamed white fish with a roasted red pepper & tomato sauce	
MAIN	Shakshuka Smoky peppers, tangy yoghurt, feta & baked egg	Warm chicken Caesar salad	Roast gammon & parsley sauce	Teriyaki chicken stir-fry and noodles	Steamed white fish with a roasted red pepper & tomato sauce	
MAIN (VEGAN & VEG)	Shakshuka Smoky peppers, tangy yoghurt, Tofu	Warm smoked tofu Caesar salad	Protein Quorn marinated fillet	Teriyaki smoked tofu stir-fry noodles RICE NOODLES FREE FROM	Tofu protein with a roasted red pepper sauce	
SIDE ORDERS	Crusty bread GLUTEN FREE Lemon and herb couscous Houmous Mint and lemon dressing	Minted salad potatoes Selection of salsas and toppings Wholemeal pasta	Creamed mash potato DAIRY FREE Roasted thyme carrots Fresh peas	Spring rolls Roasted soy & ginger broccoli Steamed noodles RICE NOODLES FREE FROM	Couscous Gluten free alternative Green beans	
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 YOGHURTS with sunflower seeds, pumpkin seeds, honey or fruit compote Fresh fruit	Cranberry flapjack GLUTEN FREE	Vegan reduced sugar fruit jelly	Chia yoghurt pudding DAIRY FREE	Chocolate apple cake GLUTEN FREE	
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	Allergen alternative	Allergen alternative	Allergen alternative	Allergen alternative	Allergen alternative	