# 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 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| LITTLE STARS | Farfalle pasta<br>Selection of sauces and sides<br>Poached salmon | Mild chicken tikka masala<br>Spinach pakora | Chicken and vegetable rice | Traditional beef lasagne with garlic bread | Fish goujons<br>or steamed white fish |
| MAIN | Farfalle pasta<br>Selection of sauces and sides<br>Poached salmon | Spicy chicken tikka masala<br>Spinach pakora | Chicken and chorizo paella | Traditional beef lasagne with garlic bread | Fish goujons<br>or steamed white fish |
| MAIN (VEGAN & VEG) | Farfalle pasta<br>Selection of sauces and sides<br>With halloumi or tofu | Chickpea & lentil tikka masala<br>Pakora | Butternut squash, red pepper and spinach paella | Red lentil, tomato and butter bean lasagne<br>with garlic bread | Cheese and tomato omelette |
| SIDE ORDERS | Roasted butternut squash<br>Roasted teriyaki broccoli | Mini naan breads<br>Brown and basmati rice<br>Spiced cauliflower<br>Toasted coconut<br>Chutney<br>Cucumber raita | Patatas bravas<br>Green beans | Steamed carrots/peas<br>Chef's salad | Roasted baby new potatoes<br>Garden peas<br>Baked beans |
| PROTEIN SALAD 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 seeds, pumpkin seeds, honey or fruit compote<br><br>Fresh fruit | Vegan reduced sugar fruit jelly<br><br>Fresh fruit | Autumnal crumble and custard<br><br>Fresh fruit | Reduced sugar fruit jelly<br><br>Fresh fruit | Sliced banana with a lotus biscoff custard<br><br>Fresh fruit |
| 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 | Baked vegan sausage roll<br><br>Fresh fruit | Freshly baked croissant with cheese<br><br>Fresh fruit | Carrot and courgette muffin<br><br>Fresh Fruit | Wholemeal pizza slice<br><br>Fresh fruit | Freshly baked croissant with cheese<br><br>Fresh fruit |

# AUTUMN MENU
## Week 2 Allergen Menu

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ALL ARE MEALS ARE CAREFULLY CHECKED FOR ALLERGENS, AND ALTERNATIVE OPTIONS ARE AVAILABLE

| | MONDAY<br>Meat Free Monday | TUESDAY<br>Tasty Tuesday | WEDNESDAY<br>Wellness Wednesday | THURSDAY<br>Traditional Thursday | FRIDAY<br>Fun Friday |
|---|---|---|---|---|---|
| LITTLE STARS | Gluten-free pasta<br>Selection of free from sauces and sides | Dairy-free mild chicken tikka masala | Gluten/dairy-free chicken and vegetable rice | Gluten/dairy-free traditional beef lasagne<br>with gluten-free garlic bread | Gluten-free fish goujons or steamed white fish |
| MAIN | Gluten-free pasta<br>Selection of free from sauces and sides | Dairy-free spicy chicken tikka masala | Gluten/dairy-free chicken& chorizo paella with edamame beans | Gluten/dairy-free traditional beef lasagne<br>with gluten-free garlic bread | Gluten-free fish goujons or steamed white fish |
| MAIN (VEGAN & VEG) | Gluten-free pasta<br>Selection of free from sauces and sides<br>Tofu | Dairy-free chickpea & lentil tikka masala | Gluten/dairy-free butternut squash, red pepper and spinach paella | Gluten/dairy-free red lentil, tomato and butterbean lasagne<br>with gluten free garlic bread | Dairy-free cheese and tomato omelette |
| SIDE ORDERS | Roasted butternut squash<br>Roasted teriyaki broccoli | Gluten-free mini naan breads<br>Brown and basmati rice<br>Spiced cauliflower<br>Toasted coconut chutney<br>Cucumber raita | Patatas bravas<br>Green beans | Steamed carrots/peas<br>Chef's salad | Roasted baby new potatoes<br>Garden peas<br>Baked beans |
| PROTEIN SALAD 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 | Dairy-free yoghurt with sunflower seeds, pumpkin seeds, honey or fruit compote | Vegan reduced sugar fruit jelly<br>Fresh fruit | Gluten-free Autumnal crumble and dairy-free plant-based cream<br>Fresh fruit | Vegan reduced sugar fruit jelly<br>Fresh fruit | Sliced banana with a gluten-free biscuit plant-based cream<br>Fresh fruit |
| 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 |