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	Loaded jacket or sweet potatoes	Lancashire sausage hot pot with a thinly sliced potato topping	Roast gammon & parsley sauce	Teriyaki chicken stir-fry and noodles	Oven baked battered cod Steamed white fish Oven fries
MAIN	Loaded jacket or sweet potatoes	Lancashire sausage hot pot with a thinly sliced potato topping	Roast gammon & parsley sauce	Teriyaki chicken stir-fry and noodles	Oven baked battered cod Steamed plain cod Oven fries
MAIN (VEGAN & VEG)	Loaded jacket or sweet potatoes	Vegan sausage hot pot with a thinly sliced potato topping	Protein Quorn marinated fillet	Teriyaki smoked tofu stir-fry noodles	Stuffed roasted mixed peppers Oven baked
SIDE ORDERS	Tuna mayo Chunky ratatouille Grated cheese Baked beans	Minted salad potatoes Selection of salsas and toppings Wholemeal pasta	Olive oil mashed potato Roasted thyme carrots Fresh peas	Spring rolls Roasted soy & ginger broccoli Steamed noodles	Steamed peas Baked beans 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	Baked apple with natural yoghurt & honey Fresh fruit	Monkey bread pudding with banana and cinnamon (reduced sugar) Fresh fruit	Cranberry LPW flapjack Fresh fruit	Tropical fruit salad with lychees Fresh fruit	Creamy rice pudding with fresh mango compote 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	Freshly baked croissant with cheese Fresh fruit	Blueberry muffin Fresh fruit	Freshly baked pain au raisin Fresh fruit	Baton carrots and cucumber Houmous dip Fresh fruit	LPW Flapjack Fresh Fruit

AUTUMN MENU
Week 3 ALLERGEN MENU

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LITTLE STARS	Loaded jacket or sweet potatoes Free from	Gluten-free Lancashire sausage hot pot with a thinly sliced potato topping	Free from roast gammon & gravy	Gluten-free Teriyaki chicken stir-fry and noodles	Gluten-free oven baked battered cod Steamed white fish Oven fries
MAIN	Loaded jacket or sweet potatoes Free from	Gluten-free Lancashire sausage hot pot with a thinly sliced potato topping	Free from roast gammon & gravy	Gluten-free Teriyaki chicken stir-fry and noodles	Gluten-free Oven baked battered cod Steamed plain cod Oven fries
MAIN (VEGAN & VEG)	Loaded jacket or sweet potatoes Free from	Gluten-free vegan sausage hot pot with a thinly sliced potato topping	Protein Quorn marinated fillet & gravy	Gluten-free Teriyaki smoked tofu stir-fry noodles	Free from stuffed roasted mixed peppers Oven baked Oven fries
SIDE ORDERS	Plain tuna Free from chunky ratatouille Dairy-free grated cheese Baked beans	Minted salad potatoes Selection of salsas and toppings Gluten-free pasta	Dairy-free olive oil mashed potato Roasted thyme carrots Fresh peas	Roasted soy & ginger broccoli Steamed rice noodles free from	Steamed peas Baked beans Free from 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	Free from baked apple with dairy-free yoghurt & honey Fresh fruit	Gluten/dairy-free monkey bread pudding with banana and cinnamon (reduced sugar) Fresh fruit	Gluten-free cranberry LPW flapjack Fresh fruit	Free from tropical fruit salad with lychees Fresh fruit	Dairy-free rice pudding with fresh free from mango compote 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