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 goujons or steamed white fish
MAIN	Oven baked cheesy topped macaroni & cauliflower cheese bake	Breaded Katsu chicken with a light curry sauce	Mexican chilli beef & mixed beans Nachos	Pork/chicken meatballs in a marinara tomato & basil sauce	Breaded cod goujons
MAIN (VEGAN & VEG)	Oven baked cheesy topped macaroni & cauliflower cheese bake	Breaded Quorn fillet with a light curry sauce	5 bean Mexican chilli with nachos	Quorn meatballs in a marinara tomato sauce	Quorn fishless finger
SIDE ORDERS	Roasted tomatoes & capers, Minted peas Chef's salad	Steamed white & brown rice Roasted broccoli & sweetcorn	Spicy potato wedges 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	Fresh fruit salad	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	Gluten-free pasta Free from fresh tomato & basil sauce	Gluten/dairy-free chicken breast with a light curry sauce	Free from not so chilli beef nachos	Gluten-free pork/chicken meatballs in a free from tomato & basil sauce	Gluten-free breaded cod fish finger with oven baked fries or steamed white fish
MAIN	Gluten-free pasta Free from fresh tomato & basil sauce	Gluten/dairy-free chicken breast with a light curry sauce	Free from Mexican chilli beef & mixed beans nachos	Gluten-free pork/chicken meatballs in a free from tomato & basil sauce	Gluten-free breaded cod fish finger with oven baked fries
MAIN (VEGAN & VEG)	Gluten-free pasta Free from fresh tomato & basil sauce	Breaded Quorn fillet with curry sauce	Free from 5 bean Mexican chilli with nachos	Gluten-free vegan meatballs in a tomato and basil sauce	Quorn fishless finger with oven baked fries
SIDE ORDERS	Roasted tomatoes & capers Minted peas Chef's salad	Steamed white & brown rice Roasted broccoli & sweetcorn	Spicy potato wedges 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	Dairy-free yoghurt seeds, pumpkin seeds, honey or fruit compote Fresh fruit	Gluten & dairy-free banana & blueberry baked oats Fresh fruit	Vegan reduced sugar fruit jelly Fresh fruit	Fresh fruit salad Fresh fruit	Dairy-free frozen fruit yoghurt Fresh fruit
AFTERNOON SNACK	Allergen alternative	Allergen alternative	Allergen alternative	Allergen alternative	Allergen alternative
PRE-PREP AFTERNOON SNACK	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