



Lancing College Lunch Menu

ADVENT TERM 2022 WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN (VEG)	Wok fried pasta with tender stem, lemon, parmesan, cherry tomato and fresh basil	Bean and lentil chilli with pea mole, tortilla chips and tomato and onion salsa	Vegetable Wellington with vegetable gravy	Southern fried vegetable burger with beef tomato, corn relish and onions	Moroccan vegetable one pot with hummus, flat bread and smashed avocado with chilli	Potato gnocchi in rich tomato sauce topped with mature cheddar	BRUNCH
MAIN (VEGAN)	Wok fried pasta with tender stem, lemon, parmesan cherry tomato and fresh basil	Bean and lentil chilli with pea mole, tortilla chips and tomato and onion salsa	Vegan Wellington with vegan gravy	Southern fried vegan burger with beef tomato, corn relish and onions	Moroccan vegetable one pot with hummus, flat bread and smashed avocado with chilli	Potato gnocchi in Rich tomato sauce topped with mature cheddar	BRUNCH
MAIN	Sweet potato, chickpea, lentil and coconut curry with wild basmati rice	British Classics Cottage pie topped with crispy potato crust	Lemon garlic and thyme roasted chicken pieces with sage, onion and cranberry stuffing	HEAD'S SUGGESTION Beef tacos with lettuce tomato and garlic mayonnaise	Breaded fish strips Tartare sauce	Sausage meatball in rich tomato sauce topped with mature cheddar	BRUNCH
MAIN (GLUTEN FREE)	Sweet Potato Chickpea lentil and coconut curry with wild basmati rice	British Classics Cottage Pie topped with crispy potato crust	Lemon garlic and thyme Roasted Chicken Pieces with GF Sage onion and cranberry stuffing	HEAD'S SUGGESTION Beef tacos with lettuce tomato and garlic mayonnaise	Steamed white fish with gremolata	Sausage meatball in rich tomato sauce topped with mature cheddar	BRUNCH
SIDE ORDERS	Garlic flatbreads House salad with House dressing Green vegetable medley	Roast parsnip Garden peas Spiced rice	Roasted potatoes Broccoli Glazed carrots	Baked sweet potato wedges Sauté courgettes House salad and ranch dressing	Chunky chips Peas flamande Cauliflower cheese	Vegetable rice Pesto loaded pasta Green beans	BRUNCH
STREET FOOD	N/A	Jacket Potato Bar with various fillings and toppers	N/A	Korean Sticky Chicken Bowl with pickled grated vegetables	N/A	N/A	BRUNCH
SALAD BAR	A selection of freshly made seasonal salads	A selection of freshly made seasonal salads	A selection of freshly made seasonal salads	A selection of freshly made seasonal salads	A selection of freshly made seasonal salads	A selection of freshly made seasonal salads	BRUNCH
DESSERTS	Pear and toffee crumble with custard	Brownie sundae pots	Banoffee fool	Marmalade pudding	Raspberry and white chocolate mousse	Chocolate tart with semi whipped cream	BRUNCH