



Lancing College Lunch Menu

ADVENT 2022 WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN (VEG)	Roast Italian vegetable ragu with pappardelle pasta and parmesan shavings	Yellow bean vegetable	Japanese panko crumbed Aubergine steak katsu with pickled sushi ginger	English root vegetable casserole with herby dumplings	Battered vegetarian sausage Vegan spinach and chickpea burger with onion jam	Veggie sausage and potato pie	BRUNCH
MAIN (VEGAN)	Roast Italian vegetable pagu with pappardelle pasta and vegan cheese	Yellow bean vegetables	Japanese panko crumbed Aubergine steak katsu with pickled sushi ginger	English root vegetable casserole with herby dumplings	Battered vegan sausage Vegan spinach and chickpea burger with onion jam	Vegan sausage and potato pie	BRUNCH
MAIN	Classic slow cook Italian ragu with pappardelle pasta and parmesan shavings	Hoi sin beef stir fry	Japanese panko crumbed chicken katsu curry with pickled sushi ginger	Beef and vegetable casserole with steamed dumplings	Fish and Chip Shop Ale battered cod fillet, saveloys, battered sausage, curry sauce, tartare sauce	Chicken and leek pie with flaky pastry	BRUNCH
MAIN (GLUTEN FREE)	Classic slow cook Italian ragu with pappardelle pasta and parmesan shavings	Beef stir fry	GF chicken katsu curry with pickled sushi ginger	Beef and vegetable casserole	Fish and Chip Shop Ale battered cod fillet, saveloys, battered sausage, curry sauce, tartare sauce	GF chicken and leek pie	BRUNCH
SIDE ORDERS	Focaccia Rosemary and garlic Roast Tomato with basil	Plain chow mein Steamed rice Prawn crackers broccoli with ginger	Jasmin rice Glazed kabocha butternut squash Japanese pickled vegetable salad	Mashed potato Roasted roots Steamed broccoli	Chunky chips Mushy peas/Garden peas Baked beans	Buttered scuffed new potatoes with chives glazed carrots	BRUNCH
STREET FOOD	N/A	Jacket Potato Bar	N/A	Traditional English ploughman's	N/A	N/A	BRUNCH
SALAD BAR	Selection of freshly made seasonal salads	Selection of freshly made seasonal salads	Selection of freshly made seasonal salads	Selection of freshly made seasonal salads	Selection of freshly made seasonal salads	Selection of freshly made seasonal salads	BRUNCH
DESSERTS	Italian orange polenta cake with mascarpone cream	Pineapple upside down cake with bay custard	Chocolate mousse	Apple pie and custard	Lancing mess	Old English trifle	BRUNCH