

# LANCING PREP WORTHING

## Weekly Briefing

7 January 2022

### The Week Ahead ...

#### Wednesday 12 January

14.15 Boys Football: U13/12 A, B and C v Shoreham College (A). **Return 16.30**

14.15 Boys Football: U11/10 A and B v Shoreham College (H). **Pick up 16.00**

14.30 Girls Netball: U12/13 2 Teams v Handcross Park (A). **Return 17.00**

14.30 Girls Netball: U10 and U11 v Burgess Hill (H). **Pick up 16.00**

#### Thursday 13 January

11.30-17.30 Years 5-7 Bedknobs and Broomsticks Show Trip, Mayflower Theatre

14.15 Boys Football: U9/8 A and B v Shoreham College (H). **Pick up 16.00**

14.30 Girls Netball: U9/8 v Pennthorpe (H). **Pick up 16.00**

#### Friday 14 January

Townsend-Warner History Prize Competition

Keep up to date with our online calendar  
[www.lancingprepworthingcalendar.org.uk](http://www.lancingprepworthingcalendar.org.uk)

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### WORD OF THE WEEK

Elysium (noun)

Any place or state of perfect happiness

### LPWA Notices

**Happy New Year from the LPWA!**

Unfortunately, our Spring term meeting on Wednesday 12<sup>th</sup> January has been **cancelled** due to the current Covid procedures in place at school.

# Lancing Prep Worthing Lunch Menu

WEEK:1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Baked potatoes with a choice of fillings: Tuna mayo, beans, mature cheddar, mild vegetable and lentil curry	Chicken fajitas, roasted peppers, onions and tomato salsa on the side	Pork meatballs & tomato sauce	Potato topped chicken and vegetable pie	Battered pollock
Main Course Vegetarian	Aubergine Parmigiana	Roasted vegetable and bean enchiladas	Spinach and cheese arancini balls & roasted tomato sauce	Sweet potato topped vegetable and lentil pie	Sweetcorn and red pepper fritters with tomato sauce
Main Course Vegan	Aubergine and tomato bake	Roasted vegetable and bean enchiladas	Spinach and vegan cheese arancini balls & roasted tomato sauce	Sweet potato topped vegetable and lentil pie	Sweetcorn and red pepper fritters with tomato sauce
Side Orders	Coleslaw, Cauliflower cheese	Guacamole & soured cream Long grain and brown rice Soft flour tortillas Sweetcorn	Herb potatoes Parmesan cheese Garden peas	Carrots Broccoli	Chips Baked beans Mushy peas
Seasonal Salad Bar	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread	Salad vegetables Daily protein Mixed bread
Dessert of the Day	Chocolate sponge and chocolate sauce Vegan Muffin Daily fruit pots & Yoghurts	Lancing flapjack (vg) Daily fruit pots & Yoghurts	Baked peaches & vanilla sauce Vegan custard pot Daily fruit pots & Yoghurts	Coconut rice pudding & mango coulis Vegan chocolate pot Daily fruit pots & Yoghurts	Strawberry jelly (vg) Daily fruit pots & Yoghurts