

LANCING PREP WORTHING

Weekly Briefing

28 January 2022

The Week Ahead ...

Tuesday 1 February

8AS Mock Exams begin. End 2 February.

Wednesday 2 February

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

14.30 Girls Netball: U12 and U13 v LPH (A).
Return 16.45

Thursday 3 February

14.30 Girls Netball: U8 and U9 v LPH (H). **Pick up 16.00**

14.30 Boys Hockey: U8/9 v LPH (A). **Return 16.45**

Friday 4 February

COVID-19 vaccination dose 2 for 12 year old pupils

Keep up to date with our online calendar
www.lancingprepworthingcalendar.org.uk

Follow us on Twitter and Facebook
@LancingPrepWthg

WORD OF THE WEEK

Smorgasbord (noun)

An extensive array or
variety

LPWA Notices

Dates for your diary

Friday 11th March – Years 7 & 8 Movie Night.

Friday 18th March – Nursery to Year 6 Party Night.

More info to follow.

We plan to hold a uniform sale after Half Term. If you are desperate for any items, please email us at lpwassoc@gmail.com and we will endeavour to help.

House Point Totals this week:

1 st :	BRITONS:	283
2 nd :	NORMANS:	255
3 rd :	CELTS:	239
4 th :	SAXONS:	163



Lancing Prep Worthing Lunch Menu

WEEK:2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Baked potatoes with a choice of fillings: Tuna mayo, beans, mature cheddar, mild vegetable and lentil curry	Chinese new year! Sticky Chinese chicken breast	Pork meatballs & tomato sauce	Potato topped chicken and vegetable pie	Battered pollock
Main Course Vegetarian	Aubergine Parmigiana	Mushroom chow mein	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	Sweet and sour tofu	Spinach and vegan cheese arancini balls & roasted tomato sauce	Spinach and cheese arancini balls & roasted tomato sauce	Sweetcorn and red pepper fritters with tomato sauce
Side Orders	Coleslaw Cauliflower cheese	Rainbow fried rice Beanshoots with garlic	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	Oriental fruit salad Fortune cookie 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