The Week Ahead …

Saturday 29 September
15.30-17.00 LPWA Prep Party Afternoon at Flip Out, Chichester

Tuesday 2 October
9.45-11.15 Reception Trip to Tesco
13.15 U11 Modern Biathlon, Lancing College. Return 16.00

Wednesday 3 October
14.30 U13 Football v Sompting Abbotts, Home. Pick up 16.00
20.00 LPWA AGM/Committee Meeting, School Hall

Thursday 4 October
15.00 U9A and U9B Football v Dorset House, Home. Pick up 16.00 unless your child has football club.
16.30-19.30 Parents' Evening: Reception to Year 4

Friday 5 October
9.15-15.45 Year 8 trip to Chichester Cathedral

Saturday 6 October
10.30 Lancing College Open Morning

LPWA Dates for your diary
Today 4pm to 5.30pm - Bee-fit party for nursery/prep children in Main Hall. (A parent or guardian needs to accompany their child to the party if they are in Nursery or Reception.)
Tomorrow Arrive 3.30pm - Flip Out event at Chichester for prep children. Bouncing from 4pm to 5pm. Please be prompt for 3.30pm to sign your child in. If you are leaving your child, please be prompt to sign your child out at 5pm.
Wednesday, 3 October, 8pm - AGM and committee meeting in school hall. All parents/guardians are members of the LPWA. Please come along and share your ideas.

Harvest 2018
This year as part of our Harvest celebrations we will, once again, be supporting the Worthing Churches Homeless Project. On an average day the WCHP feed 153 people, some just for breakfast but many for all three meals. As you can imagine, as a charity they rely heavily on donations to keep their cupboards well stocked. This year the WCHP are asking for donations of biscuits, squash, long life fruit juice and long life milk. If you are able to make a donation of any of the above please bring your donations to school in the week beginning 15 October. There will be a table in the school entrance hall where items can be placed until they are collected on Thursday 18 October. Thank you very much for your support.

PIING! Saturday Morning Football at Lancing College for 6-13 year olds
FREE taster session this Saturday, 29 September
Ages 6-9 from 9-10am
Ages 10-13 from 10.30-11.30am
For further details and to register, please email Sophie Perry: smp@lancing.org.uk

Keep up to date with our online calendar
www.lancingprepworthingcalendar.org.uk
Follow us on Twitter and Facebook @LancingPrepWthg
<table>
<thead>
<tr>
<th>Day</th>
<th>Main Meal</th>
<th>Vegetarian</th>
<th>Potatoes and Vegetables</th>
<th>Salad Bar</th>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Summer vegetable bolognese</td>
<td>Potato gnocchi with a tomato and fresh basil sauce</td>
<td>Penne pasta, Sweetcorn, Cucumber sticks</td>
<td>Assorted seasonal salads</td>
<td>Carrot cake with a cream cheese frosting</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Slow cooked Mediterranean lamb</td>
<td>Spinach &amp; feta cheese puffs with a ratatouille sauce</td>
<td>Herby couscous, Spring greens</td>
<td></td>
<td>Homemade yoghurt with fresh granola</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Traditional lasagne</td>
<td>Homemade kale pesto with fusilli pasta</td>
<td>Garlic and herb bread, Mixed garden green salad</td>
<td></td>
<td>Baked fresh peaches with orange blossom honey</td>
</tr>
<tr>
<td>Thursday</td>
<td>Roast chicken with a lemon &amp; herb gravy</td>
<td>Vegetable lasagne</td>
<td>Roast potatoes, Steamed carrots and creamed leeks</td>
<td></td>
<td>Strawberry jelly</td>
</tr>
<tr>
<td>Friday</td>
<td>Smoked haddock and spring onion potato cakes</td>
<td>Halloumi, roasted pepper and courgette kebabs</td>
<td>Baby new potatoes, Garden peas, Spinach and strawberry salad</td>
<td></td>
<td>Chocolate sponge with chocolate custard</td>
</tr>
</tbody>
</table>

**Salad Bar**

- Assorted seasonal salads

**Dessert**

- Seasonal fresh fruit