

# LANCING PREP WORTHING

## Weekly Briefing

4 January 2019

### The Week Ahead ...

#### Monday 7 January

Term begins

#### Tuesday 8 January

09.45 Clubs online booking deadline

#### Wednesday 9 January

14.00 Netball U10 Training Game v Handcross Park School, Away. **Return 17.00**

14.15 Netball U11, U12 and U13 Training with LPH, Away. **Return 17.00**

14.30 Hockey U13A and U13B v Prebendal, Lancing College. **Return 17.15**

14.30 Hockey U11A and U11B Coaching Game v Great Ballard, Lancing College. **Return 17.15**

#### Friday 11 January

08.45-09.45 Townsend-Warner Competition

### Double Bass Lessons

Last term students from Nursery and Years 3 to 6 were treated to a visit from the Lancing College Double Bass teacher, Elizabeth Hosford, who played to and with the students and allowed each student to try various double bass instruments. Ms Hosford will be joining us at Lancing Prep Worthing in the New Year and has availability to take on new students. She also has a bank of instruments of various sizes which students would be able to rent. Any students or parents interested in taking up this opportunity should contact Mrs Goodson for details via [jgoodson@lancing.org.uk](mailto:jgoodson@lancing.org.uk).

Please don't forget that all clubs for this term (including the new Homework Room) must be booked onto by 9.45am Tuesday, 8 January.

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

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meal</b>	Cumberland sausages	Baked and sweet potatoes with assorted toppings	Pasta bar - pasta with assorted toppings & sauces	Roast beef with mini Yorkshire puddings Roast gravy	Oven baked salmon fish cakes
<b>Vegetarian</b>	Quorn sausage, Butternut squash risotto	Veggie bean chilli (mild) Baked beans Cheese Coleslaw Tuna mayo	Bolognese Tomato & basil sauce 3 Cheese sauce	Aubergine parmigiana	Spinach and goats cheese frittata
<b>Potatoes and Vegetables</b>	Mashed potato Baked beans Sweetcorn	Cherry tomatoes Cucumber sticks Carrot sticks Iceberg lettuce	Garlic and herb bread Green beans	Roast potatoes Steamed carrots and Savoy cabbage	Chipped potatoes Garden peas Baked beans
<b>Salad Bar</b>	Assorted seasonal salads				
<b>Dessert</b>	Lemon sponge with a warm lemon custard	Flapjack with apricots and pumpkin seeds	Yoghurt with a peach sauce	Watermelon wedges	Pear and chocolate crumble with custard
	Seasonal fresh fruit				

