

# LANCING PREP WORTHING

## Weekly Briefing

17 September 2021

### The Week Ahead ...

#### Monday 20 September

14.40-15.45 Year 7 & 8 Hockey Training at Lancing College. **Pick up 16.00**

#### Wednesday 22 September

14.00 Boys' Football: U11 Tournament (H). **Pick up 16.30**

14.30 Boys' Football: U13/12 v Sompting Abbots (A). **Return 16.15**

14.30 Girls' Hockey: U10/11 v Burgess Hill (H- Lancing College). **Return 16.30**

#### Thursday 23 September

09.15-10.25 Year 5 and 6 Girls hockey training at Lancing College

14.30 Hockey: U8/9 (mixed) 2 teams v Pennthorpe (A). **Return 17.00**

14.30 Boys' Football: U9/8 A and B v Windlesham House (H). **Pick up 16.00**

#### Friday 24 September

Mouthguard fittings for prep pupils

09.15-10.25 Year 4 Swimming

15.00-17.00 LPWA Uniform Sale, Playground

### **WORD OF THE WEEK**

Fard (noun)

To paint the face with cosmetics, to gloss over.

Please remember to return your signed **Social Media Contracts** as soon as possible if you have not done so already.

#### **LPWA Notices**

**Parties** - If you can help with any of these please email [lpwassoc@gmail.com](mailto:lpwassoc@gmail.com)

Friday 1st October – Nursery & Reception 3.30pm to 4.00pm – Invites will come home in your child's bag next week.

Friday 1st October – Years 1 & 2 4.00pm to 4.45pm – Invites will come home in your child's bag next week.

Friday 1st October – Years 3 to 6 5.30pm to 7.00pm – Invites will be passed to your child next week.

Friday 8th October – Years 7 & 8 4.30pm to 7.00pm – Invites will be passed to your child next week.

Please return the slip from your invite by Tuesday 28th September to the office. This helps us plan for numbers and catering.

#### **LPWA Committee Meeting and AGM**

Wednesday 6th October in the main hall from 7.30pm. Everyone welcome. Come along and find out what exciting events we are planning for your children. We are always looking for new ideas to raise money or for the children to have fun. (Please note this date has changed from Wednesday 29th September)

#### **Dates for your Diary**

Friday 24th September – Uniform Sale (this is dependent on helpers to run this sale)

Wednesday 6th October – Committee & AGM Meeting.

Friday 5th November – Fireworks Night

Friday 26th November – Christmas Fair

(All the above are subject to government covid guidelines)

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

Follow us on Twitter and Facebook  
[@LancingPrepWthg](https://twitter.com/LancingPrepWthg)

# 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	Cottage pie	Pork meatballs and tomato sauce	Bread crumbed sustainable fish fillets
Main Course Vegetarian	Sweet potato, spinach and aubergine lasagne	Roasted vegetable and bean enchiladas	Vegetable and lentil cottage pie	Halloumi and vegetable kebabs with a sweet chilli sauce	Sweetcorn and red pepper fritters with tomato sauce
Main Course Vegan	Jacket potato with a mild vegetable and lentil curry	Roasted vegetable and bean enchiladas with guacamole	Vegetable and lentil cottage pie	Vegan burger with a tomato sauce	Sweetcorn and red pepper fritters with tomato sauce
Side Orders	Coleslaw, broccoli, mixed leaf salad	Guacamole, soft flour tortillas, roast butternut squash and sweetcorn, rice	Carrots and garden peas	Herby potatoes, green beans, parmesan cheese	Chips, baked beans
Seasonal Salad Bar	Assorted seasonal salads with protein options	Assorted seasonal salads with protein options	Assorted seasonal salads with protein options	Assorted seasonal salads with protein options	Assorted seasonal salads with protein options
Dessert of the Day	Pear and chocolate sundae Pear and vegan ice-cream sundae	Fruit smoothie (vg)	Coconut rice pudding with a raspberry coulis Vegan custard pot	Strawberry jelly (vg)	Chocolate brownie Vegan fairy cake