

LANCING PREP WORTHING

Weekly Briefing

4 February 2022

The Week Ahead ...

Wednesday 9 February

09.00-10.00 Jaws 'n' Claws visiting Reception

14.15 Girls Netball: Years 5-8 House Netball Tournament (H). **Pick up 16.00**

14.30 Boys Hockey: U11A and B v Hurst (H - Lancing College). **Return 17.15**

14.30 Boys Hockey: U13A and B v Hurst (A). **Return 17.15**

Thursday 10 February

14.15 Hockey: U9 mixed girls and boys v Great Ballard (H). **Pick up 16.00**

14.15 Boys Tag Rugby: U9/8 A and B v Great Ballard School and Sompting Abbots (H). **Pick up 16.00**

15.45 Table Tennis: U11 v Sompting Abbots (H). **Pick up 17.00**

Friday 11 February

16.00 (or after clubs finish) Half Term begins

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

Follow us on Twitter and Facebook
@LancingPrepWthg

WORD OF THE WEEK

Luddite (noun)

Someone who is opposed or resistant to innovation or technological change

LPWA Notices

Advertise with the LPWA

We are offering space on our notice board in the playground for you to advertise your business. Would you like to advertise your business to the school community? If so, please supply us with an A6 sized card and for the small sum of £5 per term we will place this on our board for all to see. For more information email lpwassoc@gmail.com or catch one of us at the gate.

House point totals this week:

1 st :	NORMANS:	294
2 nd :	SAXONS:	276
3 rd :	CELTS:	267
3 rd :	BRITONS:	267

Lancing Prep Worthing Lunch Menu

WEEK:3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with a choice of sauces: Cheese Tomato and lentil Bolognese Pesto	Breaded chicken breast with optional katsu curry sauce	Roast gammon Yorkshire pudding Rich gravy	Mild beef chilli	Breaded sustainable pollock
Main Course Vegetarian	Gnocchi baked in a tomato and basil sauce with a cheddar glaze	Halloumi & vegetable kebabs with sweet chilli sauce	Spinach and mushroom and cheese puff pastry case	Roasted vegetable & chickpea burritos	Portobello mushroom stuffed with cheesy lentils
Main Course Vegan	Gnocchi baked in a tomato and basil sauce with a vegan glaze	Vegetable kebabs with sweet chilli sauce	Spinach and mushroom and vegan cheese puff pastry case	Roasted vegetable & chickpea burritos	Portobello mushroom stuffed with cheesy lentils
Side Orders	Broccoli Garlic bread Olives	Mixed grain rice Sweetcorn	Roast new potatoes Carrots Peas	Guacamole & soured cream Long grain rice Roast butternut squash Soft flour tortilla	Skinny fries Coleslaw Baked beans
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	Poached pears with a chocolate sauce Vegan custard pot Daily fruit pots and yoghurt	Lancing flapjack (vg) Daily fruit pots and yoghurt	Strawberry jelly (vg) Daily fruit pots and yoghurt	Banana and strawberry smoothie Daily fruit pots and yoghurt	Chocolate rice krispie cake Daily fruit pots and yoghurt