

LANCING PREP WORTHING

Weekly Briefing

2 September 2022

The Week Ahead ...

Monday 5 September

Term begins

Wednesday 7 September

14.15 Boys Football: U11/10 A, B and C v Lancing Prep Hove (A - Lancing College).

Return 17.00

14.30 Boys Football: U13/12 A v Lancing Prep Hove (A – LPH). **Return 17.00**

14.30 Boys Football: U13/12 B v Lancing Prep Hove (H). **Pick up 16.00**

Thursday 8 September

14.15 Girls Hockey: U8 and U9 v LPH (A).

Return 16.00

19.00-20.00 Welcome Evening for Parents of Years 1-8

LPWA Notices

Amazon Smile - AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. Lancing Prep at Worthing is available as a charity that you, your family or friends can choose to support. AmazonSmile is available at smile.amazon.co.uk on your web browser and can be activated in the Amazon Shopping App for iOS and Android phones. When you shop AmazonSmile, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.co.uk, with the added bonus that AmazonSmile will donate a portion of the purchase price to your selected charity.

Any money raised helps the school with contributions to trips, events and equipment purchase to enhance the children's time in school.

WORD OF THE WEEK

Polyhistor (noun)

A person of great and varied learning

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

Follow us on Twitter, Instagram and Facebook
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Lancing Prep Worthing Lunch Menu

WEEK:1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with a choice of sauces, vegetable bolognese, tomato and basil, pesto	Mild chicken Korma	Butchers' pork sausages, with proper gravy	Beef lasagne	Baked white fish with a basil and tomato ratatouille
Main Course Vegetarian	Gnocchi baked in a tomato and basil sauce with a cheddar glaze	Vegetable and sweet potato Korma	Vegetarian sausages	Sweet potato and spinach lasagne	Vegetable cannelloni with a basil and tomato ratatouille
Main Course Vegan	Vegetable bolognese with penne pasta	Vegetable and bean Korma	Vegan sausages	Sweet potato and spinach lasagne	Vegan burger with a basil and tomato ratatouille
Side Orders	Broccoli, garlic bread, seasonal salad	Basmati rice, cumin roasted cauliflower, naan bread	Mashed potatoes, carrots and peas	Selection of crudites	Baby new potatoes sweetcorn
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	Apple and cinnamon flapjack	Strawberry jelly (VG)	Pineapple upside down cake with crème fraiche	Peaches and freshly made yoghurt	Choc ice Vegan ice cream