



Lagos Preparatory School Ikoyi

2 Week Lunch Menu - Trinity Term 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Fish & Tomato Sauce	Sweet & Sour Chicken	Beef Stew	Roast Chicken	UNITED STATES FOOD DAY
Week Commencing:	Option 1: Fried Rice	Option 1: Steamed white rice	Option 1: Egg Fried Rice	Option 1: Jollof Rice & Dodo	Chips Option 1: Hamburgers Option 2: Hot Dogs
9th April	Option 2: MINCED MEAT PASTA BAKE	Option 2: STIR FRIED NOODLES	Option 2: Pasta & Tomato Sauce with Carrots	Option 2: Stir Fried Noodles with sauce	Coleslaw EYFS- Noodles with shredded Chicken & Vegetables
23rd April	Seasonal Veg	Seasonal Vegetables	EYFS- Shepherds Pie		
7th May					
21st May					
4th June					
18th June					
2nd July					
DESSERT	Apples	Bread & Butter Pudding	Bananas	Chocolate Swiss Roll	Plain Sponge Sqaures; Ice Cream
WEEK 2	BBQ Chicken	Minced Meat Sauce	Roast Chicken	BBQ Chicken	Italian Food Day
Week Commencing:	Option 1: Jollof Rice	Option 1: Steamed White Rice	Option 1: Oriental Rice	Option 1: Chips	Option 1: Pizza (spread with chicken,
16th April	Option 2: CHIPS	Option 2: Pasta Bake	Option 2: Noodles	Option 2: Fried Rice	Option 2: Macaroni & Cheese
30th April	Seasonal Veg	Fruity Coleslaw	Stir Fried Vegetables	Seasonal Vegetables	Carrots & Peas
14th May					
28th May					
11th June					
25th June					
DESSERT	Puff Puff with Icing Sugar	Pineapple Slices	Pancakes	Swiss Roll	Apple Crumble & Ice Cream