



## Lagos Preparatory & Secondary School

### 3 Week Lunch Menu - Michaelmas Term 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>					
<b>Week Commencing:</b> Sept 3rd Sept 23rd Oct 14th Nov 11th Dec 2nd	Beef Stew Fish Stew Yamarita Fried Plantian (Sandwiches) Seasonal Veg	BBQ Chicken & Sauce Jollof Rice Steamed White Rice Plantain Seasonal Veg	Fish Fingers Spaghetti Bolognaise Yam (Sub Sandwiches) Carrots & Cucumbers	Roast Chicken & Gravy Jollof Rice Fried Rice Dodo Seasonal Vegetables	Pizza Macaroni & Cheese Breaded Chicken Bites (Sandwiches) Carrots & Peas
<b>DESSERT</b>	Apple	Bananas	Puff Puff with Icing Sugar	Pineapple Slices	Apple Crumble, Ice Cream
<b>WEEK 2</b>					
<b>Week Commencing:</b> Sept 9th Sept 30th Oct 28th Nov 18th Dec 9th	Chicken Curry Steamed White Rice Noodles with Shredded Chicken Carrots & Peas	Beef Stew/Fish Sauce Boiled Plantain Yam Chips (Sandwiches) Seasonal Veg Puff Puff with Icing Sugar	Fish In Tomato Sauce/ Beef Stew) Jollof Rice & Dodo Rice & Beans (Chicken Pies) Seasonal Vegetables	Bolognese Sauce Spaghetti Sauteed Potatoes Carrots & Peas	Breaded Chicken Bites & Sauce Chips Fried Rice Seasonal veg
<b>DESSERT</b>	Apples		Plain swiss roll with Jam	Bananas	Ice Cream Plain Sponge Squares
<b>WEEK 3</b>					
<b>Week Commencing:</b> Sept 16th Oct 7th Nov 4th Nov 25th	Fish In Tomato Sauce Stir Fried Noodles Minced Meat & Spaghetti (Sandwiches) Seasonal Vegetables	Roast Chicken Yam & Minced Meat Sauce Chips (Chicken Pies) Fruity Coleslaw	Beef Stew Fried Plantain & Fish Stew Pasta & Tomato Sauce with Carrots Seasonal Vegetables	Sweet & Sour Chicken Jollof Rice Steamed White Rice Dodo Seasonal Vegetables	Chips Hamburgers Hot dogs EYFS- Noodles with Shredded Chicken Carrots & Peas
<b>DESSERT</b>	Apple	Strawberry Jam Swiss Roll	Bananas	Pancakes	Plain Sponge, Ice Cream

"Meals are subject to change when served in the classrooms"