



Lagos Preparatory School Ikoyi

4 Week Lunch Menu - Michaelmas Term 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
Week Commencing: 4th Sept 2nd Oct 30th Oct 27th Nov	Beef Stew Option 1: Steamed White Rice Option 2: Sauteed Potatoes Fruity Coleslaw	BBQ Chicken Option 1: Chips Option 2: Fried Rice Seasonal Vegetables	Meat Balls Option 1: Pasta & Tomato Sauce with Carrots Option 2: Beans & Dodo	Roast Chicken Option 1: Jollof Rice & Dodo Option 2: Yamarita	Breaded Fish Pieces Option 1: Roast Potatoes Option 2: Stir Fried Noodles Gravy Carrots & Peas Apple Crumble & Ice Cream
DESSERT	Pineapple Slices	Swiss Roll	Bananas	Chocolate Swiss Roll	
					UNITED STATES FOOD DAY
WEEK 2					
Week Commencing: 11th Sept 9th Oct 6th Nov 4th Dec	Chicken Teriyaki Option 1: Oriental Rice Option 2: Noodles Stir Fried Vegetables	Fish & Tomato Sauce Option 1: Yamarita Option 2: Fried Rice Carrots & Peas	BBQ Chicken Option 1: Jollof Rice Option 2: Sweet Potato Chips Seasonal Veg	Minced Meat Sauce Option 1: Pasta Option 2: Steamed white rice Seasonal Vegetables	Chips Option 1: Hamburgers Option 2: Hot Dogs Coleslaw EYFS- Noodles with shredded Chicken & Vegetables
DESSERT	Pancakes	Apples	Watermelon Slices	Bread & Butter Pudding	Ice Cream Plain Sponge Sqaures
					Italian Food Day
WEEK 3					
Week Commencing: 18th Sept 16th Oct 13th Nov 11th Dec	Shredded Beef with Green Peppers Option 1: Stir Fried Noodles with Vegetables Option 2: Steamed White Rice	Grilled Chicken Option 1: Jollof Rice Option 2: Sauteed Potatoes Carrots & Peas	Fish Cakes Option 1: Chips Option 2: Pasta Bake Seasonal Vegetables	Bolognese Sauce Option 1: Pasta Option 2: Beans /Dodo Seasonal veg	Pizza Coleslaw
DESSERT	Pineapple Slices	Jam swiss roll	Watermelon Slices	Ice Cream Plain Sponge Squares	Bananas
					CHINESE FOOD DAY
WEEK 4					
Week Commencing: 25th Sept 23rd Oct 20th Nov	BBQ Chicken Option 1: Jollof Rice Option 2: Macaroni & Cheese Carrots & Peas Gravy	Fish Cakes Option 1: Pasta with Tomato Sauce Option 2: Vegetable Fried Rice Seasonal Vegetables	Hamburger Hot Dog Chips Coleslaw EYFS- Shepherds Pie	Grilled Chicken Option 1: Stir Fried Noodles with Veg Option 2: Fried Rice	Sweet & Sour Chicken Option 1: Egg Fried Rice Option 2: Steamed Rice
DESSERT	Plain Sponge Squares Ice Cream	Bananas	Pineapple Slices	Fruit Crumble Custard	Puff Puff with Icing Sugar Pancakes