



# Lagos Preparatory School Ikoyi

## 4 Week Lunch Menu - Trinity Term 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>					
<b>Week Commencing:</b> 1st May 29th May 26th June	Beef Stew <b>Option 1:</b> Steamed White Rice  <b>Option 2:</b> Sauteed Potatoes  Fruity Coleslaw	BBQ Chicken <b>Option 1:</b> Chips  <b>Option 2:</b> Fried Rice  Seasonal Vegetables	Meat Balls <b>Option 1:</b> Pasta & Tomato Sauce with Carrots  <b>Option 2:</b> Steamed white rice	Roast Chicken <b>Option 1:</b> Jollof Rice  <b>Option 2:</b> Yamarita  Dodo	Breaded Fish Pieces <b>Option 1:</b> Sauteed Potatoes  <b>Option 2:</b> Boiled Ripe Plantain & Egg  Carrots & Peas
<b>DESSERT</b>	Apple	Swiss Roll	Bananas	Chocolate Swiss Roll	Apple
					<b>UNITED STATES FOOD DAY</b>
<b>WEEK 2</b>					
<b>Week Commencing:</b> 8th May 5th June 3rd July	BBQ Chicken <b>Option 1:</b> Jollof Rice <b>Option 2:</b> Sweet Potato Chips  Seasonal Veg	Creamy Mashed Potato <b>Option 1:</b> Breaded Fish Pieces <b>Option 2:</b> Fried Rice  Carrots & Peas	Chicken Teriyaki <b>Option 1:</b> Oriental Rice <b>Option 2:</b> Noodles  Stir Fried Vegetables	Minced Meat Sauce <b>Option 1:</b> Pasta <b>Option 2:</b> Steamed white rice  Seasonal Vegetables	Chips <b>Option 1:</b> Hamburgers <b>Option 2:</b> Hot Dogs  Coleslaw
<b>DESSERT</b>	Apple	Pancakes	Watermelon	Bread & Butter Pudding	Ice Cream  Plain Sponge Squares
<b>WEEK 3</b>					
<b>Week Commencing:</b> 15th May 12th June	Shredded Beef with Green Peppers <b>Option 1:</b> Stir Fried Noodles with Vegetables <b>Option 2:</b> Steamed White Rice	Grilled Chicken <b>Option 1:</b> Jollof Rice <b>Option 2:</b> Sauteed Potatoes  Carrots & Peas	Fish Cakes <b>Option 1:</b> Chips <b>Option 2:</b> Yam Cake  Seasonal Vegetables	Bolognese Sauce <b>Option 1:</b> Pasta <b>Option 2:</b> Beans /Dodo  Seasonal veg	Breaded Chicken Bites <b>Option 1:</b> Yam Cakes <b>Option 2:</b> Steamed white rice  Seasonal veg  Gravy
<b>VEGETARIAN</b>	Curried Lentils				
<b>DESSERT</b>	Apples	Plain swiss roll with Jam	Watermelon	Ice Cream  Plain Sponge Squares	Bananas
					<b>CHINESE FOOD DAY</b>
<b>WEEK 4</b>					
<b>Week Commencing:</b> 24th April 22nd May 19th June	BBQ Chicken <b>Option 1:</b> Jollof Rice <b>Option 2:</b> Sauteed Potatoes Salad Bar- grated carrots & sweet corn Gravy	Fish Cakes/Fish Fingers <b>Option 1:</b> Pasta with Tomato Sauce <b>Option 2:</b> Coconut Rice  Seasonal Vegetables	Hamburger  Chips  Coleslaw	Grilled Chicken <b>Option 1:</b> Stir Fried Noodles with Veg <b>Option 2:</b> Fried Rice	Sweet & Sour Chicken <b>Option 1:</b> Egg Fried Rice <b>Option 2:</b> Steamed Rice
<b>VEGETARIAN</b>					
<b>DESSERT</b>	Plain Swiss Roll with Jam Ice Cream	Bananas	Apple	Fruit Crumble  Custard	puff puff with icing sugar Pancakes with Jam