



# Lagos Preparatory School, Ikoyi

## 4 Week Lunch Menu - Lent Term 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> <b>Week Commencing:</b> 9th January 6th February 6th March 3rd April	Beef Casserole Steamed White Rice Fruity Coleslaw Apple	BBQ Chicken Chips Seasonal Vegetables Swiss Roll	Meat Balls Pasta in Tomato Sauce with Carrots Bananas	Roast Chicken Jollof Rice Dodo Chocolate Swiss Roll	Grilled Chicken Stir Fried Noodles with Veg Apple
<b>WEEK 2</b> <b>Week Commencing:</b> 16th January 13th February 13th March	Meat Balls in Tomato Sauce Jollof Rice Seasonal Veg Apple	Hamburger Chips Coleslaw Pancakes	Sweet & Sour Chicken Oriental Rice Stir Fried Vegetables Watermelon	Minced Meat Sauce Pasta Seasonal Vegetables Bread & Butter Pudding	Creamy Fish Pie Mashed Potato Topping Carrots & Peas Ice Cream Plain Sponge Squares
<b>WEEK 3</b> <b>Week Commencing:</b> 23rd January 20th February 20th March	Shredded Beef with Green Peppers Stir Fried Noodles with Vegetables Apples	Grilled Chicken Jollof Rice Carrots & Peas Plain swiss roll with Jam	Fish Cakes Chips Seasonal Vegetables Watermelon	Bolognese Sauce Pasta Seasonal veg Ice Cream Plain Sponge Squares	Chicken Casserole Diced Sweet Potatoes Seasonal veg Bananas
<b>WEEK 4</b> <b>Week Commencing:</b> 30th January 27th February 27th March	BBQ Chicken Jollof Rice Salad Bar- grated carrots & sweet corn Plain Swiss Roll with Jam Ice Cream	Fish Cakes Pasta in Tomato Sauce Seasonal Vegetables Bananas	Hamburger Chips Coleslaw Apple	Creamy Fish Pie Mashed Potato Topping Carrots & Peas Fruit Crumble Custard	Breaded Chicken Bites Chips All Seasons Salad puff puff with icing sugar Pancakes with Jam