



Lagos Preparatory & Secondary School

3 Week Lunch Menu - Trinity Term 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
Week Commencing: 4th Mar Mar 25th	Fish In Tomato Sauce Stir Fried Noodles Minced Meat & Pasta Bake (Sandwiches) Seasonal Vegetables Apple	Roast Chicken Yam & Minced Meat Sauce Chips (Chicken Pies) Fruity Coleslaw Strawberry Jam Swiss Roll	Beef Stew Fried Plantain & Fish Stew Pasta & Tomato Sauce with Carrots Seasonal Vegetables Bananas	Sweet & Sour Chicken Jollof Rice Steamed Wite Rice Dodo Seasonal Vegetables Pancakes	Chips Hamburgers Hot dogs EYFS- Noodles with Shredded Chicken Carrots & Peas Plain Sponge, Ice Cream
DESSERT					
WEEK 3					
Week Commencing: 18th Mar 8th April	Chicken Curry Steamed White Rice Noodles with Shredded Chicken Carrots & Peas Apples	Beef Stew Pasta Bake Boiled Plantain/Boiled Yam (Sandwiches) Seasonal Veg Puff Puff with Icing Sugar	Fish In Tomato Sauce & Beef Stew Jollof Rice Rice & Beans (Chicken Pies) Seasonal Vegetables Plain swiss roll with Jam	Bolognese Sauce Spaghetti Agoyin Beans & Sauce Dodo Carrots & Peas Bananas	Breaded Chicken Bites & Sauce Chips Fried Rice Seasonal veg Ice Cream Plain Sponge Squares
DESSERT					
WEEK 2					
Week Commencing: Mar 11th 1st April	Beef Stew Fried Plantain & Fish Stew Baked Beans & Fried Plantain Seasonal Veg Apple	BBQ Chicken & Sauce Jollof Rice Steamed White Rice Plantain Seasonal Veg Bananas	Fish Fingers Shepherd's Pie Chips (Sub Sandwiches) Carrots & Cucumbers Puff Puff with Icing Sugar	Roast Chicken & Gravy Jollof Rice Fried Rice Dodo Seasonal Vegetables Pineapple Slices	Pizza Macaroni & Cheese Breaded Chicken Bites (Sandwiches) Carrots & Peas Apple Crumble, Ice Cream
DESSERT					

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