

Week

Week 1
Winter
2019

Lunch MENU

School

Chepstow House School



Tomato & Oregano Soup

Spaghetti with Tomato & Black olive Dressing

Char grilled Cauliflower Steaks with Basil Pesto

Sweetcorn
Broccoli
Grated Cheese



Vegetable & Rice Soup

Mild chicken Curry with Mini Poppadoms

Spinach & Chickpea Curry

Braised brown rice
Parsley carrots
Peas
Naan Bread
Cake Break
Coconut & strawberry jam sponge



Broccoli & Cream Cheese Soup

Beef and Vegetable Noodles

Sweet & Sour Vegetables with Special fried rice

Prawn crackers
Bean Sprouts
Savoy Cabbage



Freshly baked bread

Selection of salads

Greek yoghurt with mixed fruit toppers

Watermelon
Honeydew
Cantaloupe
Pineapple



Lentil & Carrot Soup

Lasagne Verdi Al forno

Vegetarian Cottage Pie with Sweet potato Mash

Potato Wedges
Green Beans
Garlic Bread

Cake Break
Carrot Cake



Cream of mushroom soup

Battered Cod or Gluten Free Salmon Fishcakes

Braised Lentils with Grilled Halloumi

Chunky Chips
Peas
Baked beans



NOTES



We'd love to know what you think, join our Feedback Friday sessions to tell us your thoughts!



We are award winners!

Week

Week 2
Winter
2019

Lunch MENU

School

Chepstow House School



Butternut Squash & Chilli

Pizza Day
Cheese & Tomato
Roast Pepper
Ham & Pineapple

Paprika Wedges
Sweetcorn
Garlic Bread



Leek & Potato

Beef & Bean Chilli

Squash & Baby Spinach Lasagne

White Rice
Roast Courgette

Cake Break
Chocolate Chip & Orange Sponge



Celeriac & Apple Soup

**Slow Roast Pork Shoulder or Roast
Chicken Fillet with Gravy**

**Stuffed Aubergine with Sun dried
Tomato and Halloumi**

Roast potato
Roasted carrots
Buttered green beans



Freshly baked bread

Selection of salads

Greek yoghurt with mixed fruit toppers

Watermelon
Honeydew
Cantaloupe
Pineapple



Tomato & Red Pepper Soup

Chicken & Vegetable Casserole

Tomato, Feta & Basil Risotto

Crushed Potato
Herbed Dumplings
Broad Beans
Honey Parsnips

Cake Break
Lemon drizzle Syrup Cake



Potato, Cauliflower & Cheddar Soup

Giant Cod Fish Fingers
Prawn & Smoked Salmon Gratin

Green Pea & Cheddar Tart

Chunky Chips
Baked beans
Minted Peas



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Week 3
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Lunch MENU

School

Chepstow House School



Roast Cauliflower soup
Vegetarian Bolognese with Farfalle Pasta
Classic Macaroni Cheese
Roasted squash
Braised Red Cabbage



Watercress & potato soup
Shepherds Pie with Garlic Mash
Pearl Barley & Beetroot Risotto
Garden Peas
Steamed Broccoli
Cake Break
Fruit Cake



Country style vegetable broth
Cumberland Sausage or Chicken Sausages with Onion Gravy
Spiral pasta with broccoli & cheddar
Creamy Mashed Potato
Roasted carrots
Roasted Cauliflower



Freshly baked bread
Selection of salads
Greek yoghurt with mixed fruit toppers
Watermelon
Honeydew
Cantaloupe
Pineapple



Mixed Bean & Tomato Soup
Lamb & Herb Tagine
Seasonal Vegetable & butterbean Crumble
Cous cous
Saute green beans & edamame
Sweetcorn

Cake Break
Chocolate Fudge Cake



Butternut squash with coconut milk soup
Battered Cod or Baked Salmon Fillet with Tomato dressing
Spaghetti with fresh tomato sauce & basil
Chunky Chips
Hasselback ½ jacket potato
Mixed steamed greens
Peas



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