

Chepstow School

Sample Daily Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Bolognese with Pasta	Lamb Jollof and Rice	Roast Beef in Gravy, served with crispy roast potatoes	Thai Green Curry served with steamed rice	Battered cod portion with chunky chips
Quorn and vegetable Tikka Masala with rice	Cheese and sweet pepper tart with spicy vegetable pasta	Vegetarian toad in the hole served with mashed potatoes	Vegetable lasagne served with garlic and herb bread wedge	Fresh vegetable frittata with Cajun baked potato wedges
Garden peas Stir fry fresh veggies Seasonal salad selection	Fresh broccoli forets Fresh cauliflower Seasonal salad selection	Fresh sliced carrots Seasonal fresh cabbage Seasonal salad selection	Fresh courgettes Golden sweetcorn Seasonal salad selection	Garden peas Baked beans Seasonal salad selection
Blackberry and apple pie and custard	Toffee apple crumble with custard	Chocolate and mandarin cake with chocolate sauce	Sultana sponge with custard	Creamy rice pudding with winter fruits
Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection
Trattoria Pizza selection Pasta and toppings	Trattoria Pizza selection Pasta and toppings	Trattoria Pizza selection Pasta and toppings	Trattoria Pizza selection Pasta and toppings	Trattoria Pizza selection Pasta and toppings
Jacket potato topped with hot and cold fillings	Jacket potato topped with hot and cold fillings	Jacket potato topped with hot and cold fillings	Jacket potato topped with hot and cold fillings	Jacket potato topped with hot and cold fillings
Selection of traditional and continental breads with various fillings. Seasonal salad bar Fresh Fruit Yoghurt pots Cold drinks	Selection of traditional and continental breads with various fillings. Seasonal salad bar Fresh Fruit Yoghurt pots Cold drinks	Selection of traditional and continental breads with various fillings. Seasonal salad bar Fresh Fruit Yoghurt pots Cold drinks	Selection of traditional and continental breads with various fillings. Seasonal salad bar Fresh Fruit Yoghurt pots Cold drinks	Selection of traditional and continental breads with various fillings. Seasonal salad bar Fresh Fruit Yoghurt pots Cold drinks
A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats	A selection of tasty, fresh, home-baked cakes and treats

Students who pay for their lunches, should expect to pay
£1.50 for a main meal or £1.90 for a main meal and dessert each day.

Students who have free school meals, will be entitled to choose
a main course and a dessert from the above choices each day.

Cold water and plastic cups are available for all students in the canteen area.