

Gosfield School Menu- Summer 2023

Our aim is for students to have an early understanding of fresh, healthy food that will have a positive impact throughout their lives.

We serve fresh nutritionally balanced lunches with a variety of meat, vegetarian and vegan options, also encouraging students to taste each dish before choosing their lunch, this helps to broaden their palettes to new tastes and textures.

We use local Suppliers & change our menu termly to ensure only the best quality ingredients make it to their plates. Our Menu's are reviewed regularly, based on the students feedback and market availability.

We also offer filled Jacket Potatoes, Pasta, Daily Specials, Deli Counter with fresh salads and sandwiches, alongside hearty soups in the colder months with hot or cold desserts to top it off.

All Allergies & Dietary requirements are served safely and efficiently using a two tier checking system.

Gluten & Dairy Free alternatives are always readily available and individual students will be catered for.

Please feel free to get in touch with any questions or queries concerning students requirements.



Gosfield School

Knowing every child
Nurturing potential



W/c 12th June	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Chilli Con Carne	Chicken & Sweetcorn Filo Pie GL,M	Sausage Plait (GL,E,M)	Pizza #The Meatie One (GL,M)	Fish Fingers or Fish Fillet (GL,F)
<i>Veggie</i>	Chilli Sin Carne (F,Soy)	Cheese & Summer Veg Quiche (GL,E,M)	Vegan Plait (GL,E,Sul)	Veggie Pizza (GL,M)	Veggie Fingers (GL)
<i>On the side</i>	Rice Crispy Tortillas	New Potatoes	Mashed Potatoes	Potato wedges	Chips
<i>Vegetables</i>	Sweetcorn	Green Beans	Carrots/Baked Beans	Coleslaw	Peas

Filled Jacket Potatoes, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches available daily

KEY : SUL Sulphite, G/L Gluten, ,M Milk ,F Fish,E E gg, Cel, Celery, Must Mustard, Lup Lupin, Soy Soya.

<i>Sweets</i>	Jam & Coconut Sponge (GL,E)	Chocolate Rice Krispy Cakes (GL,M)	Lemon Drizzle Cake (GL,E)	Chefs Classic Shortbread (GL)	Ice Cream (M)
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W/c 19th June	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Classic Lasagne (GL,M)	Mild Chicken Curry	Cottage Pie	Butchers Choice Sausages (GL)	Fish Fillet(GL,F) Fish Fingers (GL,F)
<i>Veggie</i>	Vegan Lasagne(GL,Soy)	Butternut Squash and Spinach Curry	Vegan Cottage Pie	Vegan Sausage (Soy)	Veggie Fingers (GL)
<i>On the side</i>	Garlic Bread (GL)	Rice Mango Chutney (SUL) Pitta Strips (GL)		Mashed Potato	Chips
<i>Vegetables</i>	Peas		Green Beans Carrots	Beans	Mushy Peas

Filled Jacket Potatoes, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches all available daily

KEY : SUL Sulphite, G/L Gluten, ,M Milk ,F Fish,E E gg, Cel, Celery, Must Mustard, Lup Lupin, Soy Soya, .

<i>Sweets</i>	Mango Fool (M) Chocolate Mousse Pots (M)	Pineapple Upside Down (GL,E)	Chocolate Chip Cookies (GL,SOY,)	Strawberry Mousse (M) Butterscotch Mousse (M)	Ice Cream Pots (M)
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W/c 26 th June	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Gourmet Hot Dog (GL,Sul)	Pasta Bolognese (GL)	Roast Gammon	Katsu Chicken Curry (GL,E)	Fish Cakes (GL,F)
<i>Veggie</i>	Vegetarian Hot Dog (GL,Soy)	Vegan Lentil & Tomato Pasta Bolognese (GL)	Vegetarian Roast (GL)	Katsu Aubergine (GL,E)	Veggie Fingers (GL)
<i>On the side</i>	Wedges	Garlic Foccacia (GL)	Roast Potatoes Gravy Yorkshire (GL,E,M)	Rice	Chips
<i>Vegetables</i>	Corn on the Cob	Green Beans	Broccoli Carrots	Pickled Vegetables (Sul)	Peas

Filled Jacket Potatoes, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches all available daily

KEY : SUL Sulphite, G/L Gluten, M Milk, F Fish, E Egg, Cel, Celery, Must Mustard, Lup Lupin, Soy Soya.

<i>Sweets</i>	Ice Cream Pots (M)	Mixed Fruit Crumble (GL,M)	Carrot Cake (GL,E)	Summer Fruit Eton Mess (M)	Macaroon Slice (GL)
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<i>W/c 3rd July</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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<i>Entrée</i>					
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<i>Veggie</i>					
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<i>On the side</i>	<i>ACTIVITIES WEEK - SPECIAL MENU TBC</i>				
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<i>Vegetables</i>					
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Filled Jacket Potatoes, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches all available daily

KEY : SUL Sulphite, G/L Gluten, ,M Milk ,F Fish,E E gg, Cel, Celery, Must Mustard, Lup Lupin, Soy Soya.

<i>Sweets</i>					
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W/c 10 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Burger (GL)	Speech Day Buffet			
Veggie	Vegetarian Bean Burger (GL)				
On the side					
Vegetables	Sweetcorn				

Filled Jacket Potatoes, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches all available daily

KEY : SUL Sulphite, G/L Gluten, ,M Milk ,F Fish,E E gg, Cel, Celery, Must Mustard, Lup Lupin, Soy Soya.

Sweets	Iced Chocolate Sponge (GL,E)				
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