

# Gosfield School Menu



**Gosfield School**

Knowing every child  
Nurturing potential

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 upon request.

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



<i>W/c 4/9, 25/9</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Entrée</i>	Beef Lasagne (GL,M) GF Pasta Bolognese	Mexican Chicken	Pizza The MeatyOne (GL,M,Sul) GF Pizza	Sausage Plait (GL,E,SUL) GF Pasta and sauce	Chicken & Leek Filo Pie (GL,CEL) GF Roasted Veg Tart
<i>Veggie</i>	Vegetable Lasagne (GL,M)	Mexican Mixed Bean & Vegetable Stew	Magarita Pizza (GL,M)	Vegetarian Plait (GL,E)	Roasted Vegetable Quiche (GL, E,M,)
<i>On the side</i>	Homemade Foccacia (GL)	Rice Tortillas Sour Cream (M)	Garlic Bread (GL,M)	Mashed Potatoes Onion Gravy	New Potatoes
<i>Vegetable</i>	Salad	Peas	Sweetcorn	Carrots Green Beans	Peas/Carrots

*Filled Jacket Potatoes, Soup, 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, GF Gluten Free*

<i>Sweets (GF alternative available)</i>	Shortbread (GL)	Fruit Crumble Custard (GL,M)	Birthday Cake (GL,E)	Ice Cream	Brownie (GL,M,E)
----------------------------------------------	-----------------	---------------------------------	----------------------	-----------	------------------

W/c 11/9, 2/10	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Mexican Chilli Con Carne	Chicken Curry	Pasta & Meatballs in Tomato Sauce (GL) GF Pasta and Sauce	Roast Chicken	Fishfingers (GL,F) GF Fish fFngers
<i>Veggie</i>	Vegetable Chilli Sin Carne	Vegetable Curry	Vegetarian Meatballs in Tomato Sauce (GL,Soy)	Roast Corn Fillet (E)	Vegetable Fingers (GL)
<i>On the side</i>	Crispy Tortillas Potato Wedges	Rice Pitta Mango Chutney	Garlic Focaccia (GL)	Gravy Stuffing (GL)	Chips (GF)
<i>Vegetable</i>	Sweetcorn	Tomato, Cucumber and Onion Salad		Carrot Cauliflower Cheese (M)	Peas

Filled Jacket Potatoes, Soup, 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> (GF alternative available)	Rice Pudding (M) Pineapple Salsa	Sticky Toffee Pudding (GL,E,M)	Key Lime Pie (GL,M,) Cheesecake (GL,M)	Rocky Road (GL,M,SUL)	Ice Cream (M)
------------------------------------------------	-------------------------------------	-----------------------------------	-------------------------------------------	--------------------------	---------------

W/c 18/9, 9/10	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	Pasta Bolognese (GL) GF Pasta Bolognese/Tomato & Basil	Finest Butcher Sausages (GL,SUL) GF sausage	Roast Gammon	Jerk Chicken	Fish Fingers (GL,F) GF Fish Fingers
<i>Veggie</i>	Pasta (GL) Cheese Sauce(GL,M) Tomato & Basil Sauce	Vegetarian Sausage (GL)	Vegetarian Roast (GL)	Jamaican Vegetable Stew	Vegetable Frittata (E)
<i>On the side</i>	Garlic Bread (GL)	Broccoli Onion Gravy	Yorkshire Pudding (GL,E,M) Gravy	Rice & Peas	Chips (GF)
<i>Vegetables</i>	Salad	Mashed Potato	Carrots Cut Green Beans	Pickled Vegetables (SUL) Sweetcorn	Peas/Mushy Peas

Filled Jacket Potatoes, Soup, 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> (GF alternative available)	Jam & Coconut Sponge (GL,E,)	Very Berry Eton Mess (E,M)	Chocolate Chip Cookies (GL,E,M) Banoffee Pie (GL,M)	Ginger Cake (GL,E,M)	Cornflake Tart (GL)
---------------------------------------------	------------------------------	----------------------------	--------------------------------------------------------	----------------------	---------------------