



**Gosfield School**

Knowing every child  
Nurturing potential

# Gosfield School Menu

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.

- *Special Menu w/c 30 October – Spanish & French week*

- *Christmas Meal 12 December*

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.



W/c 30 Oct, 20 Nov & 11 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Classic Beef Lasagne (GL,M) GF Pasta Bolognese	Mexican Chicken	Pasta & Meatballs in Tomato Sauce (GL) GF Pasta and Sauce	Chicken & Leek Filo Pie (GL,CEL) GF Roasted Vegetable Tart	Pizza The MeatyOne (GL,M,Sul) GF Pizza
Veggie	Vegetable Lasagne (GL,M)	Mexican Mixed Bean & Vegetable Stew	Vegetarian Meatballs in Tomato Sauce (GL, Soy)	Roasted Vegetable Quiche (GL, E,M,)	Magarita Pizza (GL,M)
On the side	Homemade Focaccia (GL)	Rice Tortillas Sour Cream (M)	Homemade Bread (GL)	Potatoes	Garlic Bread (GL,M)
Vegetable	Salad	Peas	Salad	Peas/Carrots	Sweetcorn
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					
Sweets (GF alternative available)	Shortbread (GL)	Fruit Crumble Custard (GL,M)	Birthday Cake (GL,E)	Carrot Cake	Brownie (GL,M,E)

W/c 6 Nov, 27 Nov	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Mexican Chilli Con Carne	Chicken Curry	Sausage Plait (GL,E,SUL) GF Sausages	Cottage Pie	Fish Friday (GL,F) GF Fishfingers
Veggie	Vegetable Chilli Sin Carne	Vegetable Curry	Vegetarian Plait (GL,E)	Vegetable Cottage Pie	Vegetable Fingers (GL)
On the side	Crispy Tortillas Potato Wedges	Rice Pitta Mango Chutney	Mashed Potatoes Onion Gravy	Gravy	Chips
Vegetable	Sweetcorn	Tomato, Cucumber and Onion Salad	Carrots Green Beans	Peas	Baked Beans
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,					
Sweets (GF alternative available)	Rice Pudding (M) Pineapple Salsa	Sticky Toffee Pudding (GL,E,M)	Key Lime Pie (GL,M)	Rocky Road (GL,M,SUL)	Ice Cream (M)

W/c 13 Nov, 4 Dec	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Pasta Bolognese (GL) GF Pasta Bolognese	Finest Butcher Sausages (GL,SUL) GF Sausages	Italian Bake (GL)	Sweet and Sour Chicken	Fish Friday (GL,F) GF Fish Fingers
Veggie	Pasta (GL) Cheese Sauce(GL,M) Tomato & Basil Sce	Vegetarian Sausage (GL)	Vegetarian Italian Bake (GL)	Jamaican Vegetable Stew	Vegetable Frittata (E)
On the side	Garlic Bread (GL)	Mashed Potato Onion Gravy	Homemade Focaccia (GL)	Rice & Peas	Chips
Vegetables	Salad	Broccoli	Salad	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,					
Sweets (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)