**GOSFIELD SCHOOL LUNCH 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 Menus are reviewed regularly, based on the student's feedback and market availability.

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

* *‘Students Choice’ is offered on the final day of each half term.*

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 the Catering Manager any questions or queries concerning student's requirements.​

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| W/C 15/4, 6/5, | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Macaroni Cheese & Ham Bake (GL,M) | Chicken Tikka | Butchers Sausage (GL,Sul)  Chicken Tikka | Chilli Con Carne | Baguette Bar (Various Fillings Hot & Cold) (Gl,M,Fish,Sul) |
| GLUTEN FREE | Tomato & Basil Pasta | Chicken Tikka | G/F Red Tractor Pork Sausage (Sul) | Chilli Con Carne | Baguette Bar G/F  ( M,Fish,Sul) |
| VEGETARIAN | Macaroni Cheese (GL,M) | Mixed Vegetable & Lentil Curry  (GL, M) | Veggie Sausage (GL,SOY) | 5 Bean & Vegetable Sin Carne | Baguette Bar (GL,M,Fish,Sul)  Potato Skins (M) |
| ON THE SIDE | Focaccia (GL)  Salad | M Mango Chutney  Naan Bread (GL)  Mint Rajita (M)ash | Buttered Savoy  Peas | Tortillas  Mexican Rice  Sour Cream (M) | Sweetcorn  Herby Skin On Fries |
| DESSERT | Strawberries & Cream Mess (E,M) | Toffee Sponge(GL,ESul) Custard (M) | Treacle Tart (GL) | Sweet Lemon Cheesecake (GL,M,Sul) | Double Chocolate Chip Cookie (Gl,E,Soy) |
| Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches, fruit, yoghurt available daily​  KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya​ - Soy | | | | | |

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| W/C 22/4, 13/5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | Classic Lasagne (Gl,E,M) | Mexican Chicken | Italian Bake  (GL,M) | |  | | --- | | Sausage Plait  (Gl,E,Sul) | |  | |  | |  | | Breaded Fish fillet  Fish Fingers  (GL,F) |
| GLUTEN FREE | Gluten Free Pasta  Tomato & Basil Sauce | Mexican Chicken | Pasta with Tomato & Vegetable sauce | G/F Red Tractor Sausages (Sul) | Fish Fingers (F) |
| VEGETARIAN | Vegetarian Lasagne (Gl,M) | Vegetable 5 Bean Chilli | Italian Bake (GL, M) | Vegetarian Sausages (GL) | Summer Vegetable Frittata (E,M) |
| ON THE SIDE | Salad/Peas  Focaccia Bread | Potato Wedges  Sweetcorn/Carrots  Tortillas | Garlic Bread (GL,M)  Brocolli  Sweetcorn | Green beans  Carrots  Gravy | Chips  Peas & Beans |
| DESSERT | Banana Bread (GL,E) | Chocolate Shortbread (GL,Soy) | Chilled Toffee Rice Pudding  (M) | Tropical Cake (GL,E) | Chocolate Tiffin Cake  (GL,M,Soy) |
| Filled Jacket Potatoes, Soup, Pasta, Deli Bar, freshly prepared salads & sandwiches, fruit, yoghurt available daily​  KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya​ - Soy | | | | | |

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| W/C 29/4,20/5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN | BBQ Chicken | Pasta Bar Bolognese (GL), Cheese Sauce (GL,M) | Thai Chicken Curry | Meatballs (Gl,Sul)  Pasta (GL) | Breaded Fish fillet /  Fish Fingers (GL,F)  Thai Sweetcorn Fishcakes (GL,F) |
| GLUTEN FREE | BBQ Chicken | Pasta Bolognese | Thai Chicken Curry | G/F Meatball/G/F Pasta  Tomato & Basil Sauce | Fish Fingers (F) |
| VEGETARIAN | BBQ Quorn Fillet (GL) | Pasta with Vegetable & Tomato Sauce \*(GL) | Vegetable Thai Curry (Soy,M) | Linda Mc Cartney Meatless Balls (Gl,  Pasta (GL) | Vegetable & Bean Burger (GL) |
| ON THE SIDE | Seasoned Potato Wedges  Sweetcorn  Broccoli | Garlic Bread (GL)  Salad/Peas | Rice  Prawn Crackers | Sweetcorn/Carrots | Chips  Peas & Spaghetti rings (GL) |
| DESSERT | Birthday Cake Sponge (GL,E) | Carrot Cake (Gl,E) | Bakewell Tart (Gl,E, M) | Lemon & Oat Cookie (Gl,E,M) | Mousses (M)  Ice Cream (M) |
| Filled Jacket Potatoes, Soup, Pasta, Deli Bar, freshly prepared salads & sandwiches, fruit, yoghurt available daily​  KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya​ - Soy, Crustacean CRU | | | | | |