



# Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

## School Lunch Menu

### Spring Term 2025



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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 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.

'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 any questions or queries concerning student's requirements.

## Key

SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must  
Lupin - Lup, Soya - Soy

**The below choices  
are available at  
all times....**

### **Jacket Potato**

Choose your filling

Cheese | Beans | Tuna | Side Salad | Butter

### **Salad**

Sweetcorn | Beetroot | Cucumber | Lettuce  
Tomatoes | Peppers | Coleslaw

### **Composite Salad of the Day**

*Minimum two available,  
some examples below*

Rice | Pasta | Caesar | Grape  
Apple & Celery | Cous Cous

*Pasta available daily upon request*

### **Proteins for Salad/Jackets**

Protein Pot (*Changes Daily*) | Tuna  
Cheese | Ham | Boiled Egg

### **Sandwiches**

*Some examples of what's on offer  
depending on availability*

Ham | Cheese | Tuna | Egg Mayo  
Cheese Mayo | Chicken & Bacon Mayo | BLT

*Top up your own sandwich with any salad from the  
bottom shelf*

### **Desserts**

Fresh Fruit Pots | Yoghurt | Satsumas  
Bananas | Apples

**Still don't take your fancy?  
Come and speak to one of the team!**



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**Week Commencing**  
**24th February 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Minced Beef Hotpot	Mac n Cheese (GL,M)  Mac Ham n Cheese (GL,M)	Roast Chicken	Turkey & Ham Pie (GL,E,M)	Panini Day GI Cheese (M) Tuna (F/M) Ham & Cheese (M) Panini of the Day
Gluten Free	Minced Beef Hotpot	G/F Pasta Cheese	Roast Chicken	Turkey & Ham Pie topped with Potato	Panini Day
Vegetarian	Vegetable & Lentil Hot Pot	Mac N Cheese Bake (GL,M)	Quorn Roast (GL)	Quorn & Vegetable Pie (GL,M,E)	Panini Day
On The Side	Peas/Carrot	Sweetcorn Broccoli	Vegetables, Roast Potatoes, Yorkshire Pudding & Gravy (GL,E)	Mash/Sweetcorn/ Broccoli	Tortillas/Cucumber Sticks
Dessert	Jam & Coconut Sponge (GL,E,SUL)	Rice Pudding (M)	Chocolate Orange Sponge (GL,E) Chocolate Sauce (M)	Birthday Cake (GL,E)	Biscoff Cheesecake (GI,M,SUL)



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**Week Commencing**  
**3rd March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Chilli Con Carne	Hunters Chicken (M)	Butchers Sausages (GI,SUL)	Spaghetti (GL) Bolognese	All Day Breakfast (E,GL)
Gluten Free	Mexican Chilli Con Carne	Hunters Chicken (M)	G/F Sausage (SUL,SOY)	G/F Pasta Bolognese Tomato & Basil Sauce	G/F All Day Breakfast (See Below for Allergens)
Vegetarian	5 Bean Chilli	Hunters Quorn (GL,M)	Vegan Sausage (GL)	Vegan Bolognese (Must,Soy)	Vegetarian All Day Breakfast
On The Side	Rice/Peas Sweetcorn Tortillas	Diced Potatoes, Broccoli	Mash Peas/Carrots Gravy	Garlic Bread (GI,M) Mixed Vegetables	Sausage (GL,Sul) Egg (E), Beans, Hash Brown Tomato, Bacon
Dessert	Tiramisu (GL, M)	Syrup Sponge (GL,E)	Fruit Crumble (GL) Custard (M)	Bakewell Tart (GI,E,M)	Lemon Drizzle (GI,E)



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**Week Commencing**  
**10th March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni Cheese with Ham (GL,M)	Traditional Cottage Pie	Italian Pizza Bar (GI,M, SUL)	Sweet and Sour chicken (SUL) Served with Spring rolls (GL)	Build Your own Burger (GL,SUL)
Gluten Free	G/F D/F Pasta Bake	Cottage Pie	G/F Pizza	Sweet & Sour Chicken (SUL)	Build Your own Burger
Vegetarian	Macaroni Cheese (GI,M)	Vegan Cottage Pie	Pizza Bar (GI,M)	Sweet & Sour Vegetables (SUL)	Vegan Burger (GL)
On The Side	Homemade Focaccia (GL)	Broccoli/Carrots	Wedges 3 Cabbage Slaw (E)	Egg Noodles (E,GL) Prawn Crackers (Cru)	Chips Cheese (M) Gherkins (Must)
Dessert	Pineapple Upside Down Cake (GL,E,SUL)	Fruit Crumble (GL) Mousses (M)	Sundae's (GL, SOY ,E,M)	Banoffee Pie (GI,M)	Warm Chocolate Brownie (GI,E,M) Ice Cream (M)



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**Week Commencing**  
**17th March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Chicken Fajita Wraps (GI)	Meat feast pasta bake (GI, SUL, M)	Sausage Plait (GL,E,SUL)	Chicken Tikka Masala	Battered Pollock (F) Fishfinger (GL,F)
Gluten Free	Mexican Chicken & Bean Stew & Corn Tortilla	Gluten Free Pasta Bake	Gluten Free Sausages (SUL)	Chicken Tikka Masala	G/F Battered Pollock (F)
Vegetarian	Mixed 5 Bean Chilli	Vegetarian Pasta Bake (GI,M)	Vegetarian Plait (GL,E)	Mild Vegetable & Sweet Potato Curry	Vegetable Frittata (E)
On The Side	Potato Wedges Sour Cream (M) Salsa Guacamole	Garlic Bread (GL,M)	Mash Buttered Cabbage Carrots	Rice Naan Poppadom (GL) Dips (SUL,M)	Chip Peas/Beans
Dessert	Fruit Crumble (GL) Cream (M)	Cheesecake (GL,M)	Sticky Toffee Pudding GI,E,) Toffee Sauce (M)	White Chocolate Cookie (GI,E,M), SOY Brownie Pots (GI,E,M,SOY)	Rocky Road (GI,Soy,M)



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**Week Commencing**  
**24th March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Classic Lasagne (GI, M)	Mexican Chicken	Chicken Burger (GL)	Sausage & Mash (GI/Sul)	Pasta & Meatballs (GF)
Gluten Free	G/F Lasagne	Mexican Chicken	G/F Chicken Bap	G/F Sausages (SUL)	Gluten Free Pasta & Meatballs
Vegetarian	Vegan Lasagne (GI,M)	5 Bean Stew	This isn't Chicken Burger (GI,SOY)	Vegan Sausages (GL)	Vegan Pasta & Meatballs (GL)
On The Side	Focaccia (GL)	Rice Tortillas Sour Cream (M)	Chunky Chips Coleslaw (E)	Mash Buttered Savoy Carrots	Focaccia (GL)
Dessert	Banana Bread (GI,E)	Cherry Bakewell Flapjack (GL, SUL)	Double Chocolate Cookie (GL,M,E)	Carrot Cake (GL,E,M)	Cupcakes (G/E) Choc Muffins (GI,M,E, SOY)



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**Week Commencing**  
**31st March 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza Chicken (GL,M)	Easter Roast	Chicken Burger (GL)		
Gluten Free	Pizza Chicken (M)	Easter Roast	G/F Fish (F)		
Vegetarian	Pizza Quorn (GLM)	Vegetarian Easter Roast (GL)	Vegan Spinach & Chickpea Falafel Burger		
On The Side	Diced Potato Peas Broccoli	Yorkshire Pudding (GL,E) Roast Potatoes & Seasonal Vegetables Gravy	Peas Beans Mash		
Dessert	Jam & Coconut Sponge (GL,E,SUL)	Chocolate Sponge (GL,E) Chocolate Sauce (M)	Easter Egg Brownie (GL,M)		