



# Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

## School Lunch Menu

### Summer Term Pt 2 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 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.

## 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**  
**2nd June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	Thai Chicken Curry	Minced Beef Lasagne (GL, M)	Sausages in Onion Gravy (GL, SUL)	Meat Feast Pasta Bake (GL, SUL)	All Day Breakfast
<b>Gluten Free</b>	Chicken Thai Curry	Gluten Free Lasagne	Gluten Free Sausage	GF Pasta & Sauce	All Day Breakfast
<b>Vegetarian</b>	Vegetable Thai Curry	Vegan Lasagne (GL)	Vegetarian Sausages (GL)	Vegetarian Pasta Bake	All Day Breakfast
<b>On The Side</b>	Prawn Crackers Rice	Garlic Bread (GL,M) Petit pois	Mashed Potatoes Seasonal Vegetables	Focaccia Bread (GL) Peas	Hash Brown, Roll (GL) Bacon, Sausage Beans, Tomato, Egg (E) Gf Sausage (SUL) Veg Sausage (GL)
<b>Dessert</b>	Peach & Raspberry Crumble (GL) Cream (M)	Summer Fruit Eron Mess (M)	Cookies (GL, M, E) Mousse Pots (M)	Apple Sponge (GL,E)	Biscoff Cheesecake (GL,SOY,M)



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**Week Commencing**  
**9th June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jamaican Jerk Chicken	Mince Beef Hot Pot	Katsu Chicken (GL)	Macaroni Cheese with Ham (GL,M)	Fish (F) Breaded Fish Finger (GL,F)
Gluten Free	Jamaican Jerk Chicken	Mince Beef Hot Pot	Plain Chicken Breast	Gluten Free Macaroni Cheese	Gluten Free Fish (F)
Vegetarian	Jamaican Vegetable Curry	Vegan Hot Pot	Vegan Katsu (GL)	Macaroni Cheese (GL,M)	Halloumi Fries (GL,M)
On The Side	Rice & Peas Spicy Cabbage	Broccoli Peas	Pickled Veg (SUL,Must) Curry Sauce (M) Sweetcorn Rice	Focaccia Bread (GL)	Peas Beans Spaghetti Hoops (GL)
Dessert	Carrot Cake (GL,E,M)	Mousse Pots (M) Rhubarb Cream Dessert (M)	White Chocolate Cookie (GL,E,M,SOY)	Lemon Tiramisu (GL,E,M)	Ice Cream (M)



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**Week Commencing**  
**16th June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Mexican Chilli Con Carne	Chicken Korma (M)	Meat Feast Pizza (GL,M,SUL)	Butchers Sausagemeat Plait (GL,SUL)	Traditional Fish & Chips (GL,F)
Gluten Free	Mexican Chilli Corn Carne	Chicken Korma (M)	GF Pizza (M)	GF Sausage (SUL)	Breaded Halloumi (GL,M)
Vegetarian	Vegan Chilli Sin Carne	Vegan Curry	Margarita Pizza (GL,M)	Vegan Sausage (GL)	GF Fish Fillet (F)
On The Side	Wedges Carrots Tortillas	Rice Poppadom Naan Bread (GL) Chutney	Seasoned Diced Potatoes (GL) Sweetcorn	Mashed Potatoes Seasonal Vegetables Onion Gravy	Chips Peas Mushy Peas Beans
Dessert	Spiced Mexican Rice Pudding with Toasted Coconut & Pineapple	Banana Cake (GL,E)	Pancake (GL,E,M) Chocolate Sauce (SOY) Syrup	Cookie (GL,E,M,SUL)	Bakewell Tart



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**Week Commencing**  
**23rd June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Moroccan Chicken	Chicken, Bacon & Sweetcorn Filo Pie (GL,M)	Build your own Burger (GL, SUL)	Spaghetti Bolognese (GL)	Baguette Bar (GL) Tortillas (See Board For Choices)
Gluten Free	Moroccan Chicken	Gluten Free Chicken Pie Topped with Potato	GF Build your own Burger	GF Spaghetti Bolognese	GF Baguette (SOY)
Vegetarian	Root Vegetable Tagine	Vegetable Filo Pie (GL, M)	Build your own Vegan Burger (GL)	Vegan Spaghetti Bolognese (GL)	Baguette Bar (GL) Tortillas (See Board For Choices)
On The Side	Cous Cous (GL) Pickled Carrot (SUL)	Seasonal Vegetables Sauté Potato	Gherkin (SUL) Bacon Cheese (M) Mayo (E) Coleslaw (E)	Focaccia Bread (GL)	Coleslaw (E)
Dessert	School Birthday Cake (GL,E)	Chocolate Tiffin (GL,M,SOY)	Lemon Cheesecake (GI,M)	Mousse Pots (M) Banoffee Pie (GL,M)	Doughnuts (GL,Soy,M)



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**Week Commencing**  
**30th June 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Korma	Minced Beef Lasagne (GL, M)	Pizza Meat Feast (GL,M,SUL)	Macaroni Cheese Bake with Ham (GL,M)	Fishfingers (GL,F)
Gluten Free	Chicken Curry	Gluten Free Lasagne	G/F Pizza (M)	GF Pasta Bake	GF Fish Fillet
Vegetarian	Vegetable Curry	Vegan Lasagne (GL)	Margarita Pizza (GL,M)	Macaroni Cheese Bake (GL,M)	Frittata (E)
On The Side	Naan (GL) Poppadom's Mango Chutney	Garlic Bread (GL,M) Petit pois	Wedges Coleslaw	Garlic Bread (GL,M)	Chips Peas Spaghetti Hoops (GL)
Dessert	Strawberries & Cream Eton Mess	Apple & Forest Fruit Crumble (GL) & Custard (M)	Lemon Drizzle (GL,E)	Shortbread (GL)	Ice Cream (M)



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Week Commencing  
**7th July 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Battered Chicken Burger (GL)				
Gluten Free	GF Plain Chicken Burger				
Vegetarian	Vegan Breaded Burger (GL)				
On The Side	Chips Coleslaw (E)				
Dessert	White Chocolate & Raspberry Muffins (GL,SOY,M,E)				