



Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

School Lunch Menu

Autumn 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 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.

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 1st September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main		Jamaican Jerk Chicken	Chicken Katsu (GI)	Macaroni Cheese with Ham (GI,M)	Fish Fingers (GL,F)
Gluten Free		Jamaican Jerk Chicken	Plain Chicken Katsu Sauce	G/F Macaroni Cheese	G/F Fish Fillet (F)
Vegetarian		Vegan Jamaican Vegetable stew	Vegan Katsu (GI)	Macaroni Cheese (GI,M)	Spicy Bean Burger (GL)
On The Side		Rice & Peas, Spicy Cabbage	Pickled Vegetables (SUL) Sweetcorn Rice	Focaccia Bread (GL) Salad	Chips Peas Beans Spaghetti Hoops
Dessert		Carrot Cake (GL,E,M)	Cookies (GI,E,M)	Pineapple Upside Down Cake (GI,E,SUL)	Biscoff Cheesecake (GL,SOY,M)



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Week Commencing
8th September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Minced Beef Lasagne (GL, M)	Pasta Bar (GL) Bolognese Creamy Pesto	Meat Feast Pizza (GL,M,SUL)	Chicken, Bacon & Sweetcorn Pie (GL,M)	Baguette Bar (GL) Tortillas (See Board For Choices)
Gluten Free	Gluten Free Lasagne	G/F Pasta	GF Pizza (M)	Gluten Free Chicken Pie Topped with Potato	GF Baguette (SOY)
Vegetarian	Vegan Lasagne (GL)	Pasta Bar (GL) Tomato & Basil Sauce	Margarita Pizza (GL,M)	Vegetable Pie (GL, M)	Baguette Bar (GL) Tortillas (See Board For Choices)
On The Side	Garlic Bread (GL,M) Petit pois	Garlic Bread (GL,M)	Seasoned Diced Potatoes (GL) Sweetcorn	Potato Wedges	Coleslaw (E) Tortillas
Dessert	Peach and Berrie Eton Mess (M,E)	Mousse Pots (M) Rhubarb Cream Dessert (M)	White Chocolate Cookie (GL,E,M,SOY)	Tiramisu (GL,E,M)	Ice Cream (M)





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Week Commencing
15th September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main		Butchers Sausages (GL,SUL)	Chicken Korma	Pasta Bar (GL) Bolognese Creamy Pesto	Build your own Burger (GL, SUL)
Gluten Free		GF Sausage (SUL)	Chicken Korma	G/F Pasta	GF Build your own Burger
Vegetarian		Vegan Sausage (GL)	Vegan Curry	Pasta Bar (GL) Tomato & Basil Sauce	Build your own Vegan Burger (GL)
On The Side		Mashed Potatoes Seasonal Vegetables Onion Gravy	Rice Poppadom Naan Bread (GL) Chutney	Garlic Bread (GL,M)	Gherkin (SUL) Bacon Cheese (M) Mayo (E) Coleslaw (E)
Dessert		Banana Cake (GL,E)	Lime Drizzle Cake (GL,E)	Rocky Road (GL,Soy,M,Sul)	Cookie (GL,E,M,SUL)



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Week Commencing
22nd September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sweet & Sour Chicken (Sul)	Pasta , Meatballs in Tomato Sauce (GL)	Minced Beef Hot Pot	Greek Pork /Chicken Gyros (Soy, GL,MUST)	Battered Chicken Burger (GL)
Gluten Free	Sweet & Sour Chicken (Sul)	G/F Pasta, Meatballs in Tomato Sauce	Minced Beef Hot Pot	Greek Pork/Chicken Gyros (Soy, GL,MUST)	Gf Plain Chicken Burger
Vegetarian	Sweet & Sour Vegetables (SUL)	Pasta Meatless Balls in Tomato Sauce (GL)	Vegan Hot Pot	Halloumi	Vegan Breaded Burger (GL)
On The Side	Mini Spring Rolls (GL) Prawn Crackers (CRUST)	Garlic Bread Peas	Broccoli Carrots	Pitta (GL) Greak salad with Cucumber, Tomato & Red Onion, Pickles (SUL) Wedges	Chips Coleslaw (E)
Dessert	Spiced Tropical Cake (GL,E)	Chocolate Brownie (GL,M, E,SOY)	Cherry Cheesecake (GL,M)	Mousse Pots (M) Banoffee Pie (GL,M)	Doughnuts (GL,Soy,M)



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Week Commencing
29th September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Spaghetti Bolognese (GL)	BBQ Sticky Chicken	Meat Feast Pizza (GL,M,Sul)	Sausage Plait (GL,SUL)	Traditional Fish Fillet/Fish Fingers
Gluten Free	G/F Spaghetti Bolognese	BBQ Sticky Chicken	GF Meat Feast Pizza (M,Sul)	G/F Sausages	Traditional G/F Fish Fillet
Vegetarian	Spaghetti (GL) Vegan Bolognese	BBQ Sticky Quorn (GL)	Margarita Pizza (GL,M)	Vegetarian Sausages	Roasted Vegetable & Tomato Pasta Bake
On The Side	Garlic Bread	Sauté Potatoes Seasonal Vegetables	Harvest Festival 3 Cabbage Slaw	Mashed Potato Peas & Carrots Onion Gravy	Peas Beans Chips Tartare Sauce (E)
Dessert	Strawberries & Cream Eton Mess	Autumn Fruit Crumble (GL) & Custard (M)	Lemon Drizzle (GL,E)	Shortbread (GL)	Ice Cream (M)



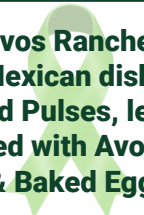




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Week Commencing
6th October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday (World Mental Health Day)
Main	Breaded Chicken Burger (GL)	Green Thai Chicken Curry	All Day Breakfast	Summer Cottage Pie topped with Crispy Potatoes	 Mexican Chilli Chicken & 5 Bean
Gluten Free	GF Plain Chicken Burger	Green Thai Chicken Curry	All Day Breakfast G/F Sausage (SUL)	Summer Cottage Pie topped with Crispy Potatoes	 Tortillas Mexican Rice Guacomole Sour Cream (M)
Vegetarian	Vegan Breaded Burger (GL)	Vegetable 5 Bean Thai Curry	All Day Breakfast	Vegetarian Summer Cottage Pie topped with Potatoes	 Huevos Rancheros A Mexican dish of mixed Pulses, lentils topped with Avocado & Baked Egg
On The Side	Chips Coleslaw (E)	Rice Noodles Prawn Crackers (Crust)	Eggs (E), Bacon Sausage (GL,SUL) Beans, Hash Brown Tomatoes, Mushrooms	Broccoli & Cauliflower	 Fresh Fruit Salad Dark Chocolate Mousse (M)
Dessert	White Chocolate & Raspberry Cake (GL,SOY,M,E)	Apple & Mango Crumble (GL) Cream (M) Mango Mousse (M)	Jam & Coconut Sponge (GL,E)	Fruit Trifle (GL,M)	 Fresh Fruit Salad



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Week Commencing
13th October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pizza Chicken (M)	Meat Feast Pasta Bake (GI,SUL,M)	Roast Chicken Dinner	Macaroni Cheese (GL,M) BBQ Pulled Chicken	Chicken Fajitas
Gluten Free	Pizza Chicken (M)	GF/DF Pasta Bake	Roast Chicken Dinner	G/F Macaroni Cheese (M) BBQ Pulled Chicken	Tortilla (GL),Rice Salsa, Sour Cream (M)
Vegetarian	Pizza Quorn (GL,M)	Macaroni Cheese Bake (GL,M)	Cauliflower Cheese (GL,M)	Macaroni Cheese (GL,M)	Quorn Fajitas
On The Side	Seasoned Diced Potatoes Broccoli	Garlic Bread (GL,M)	Roast Potatoes Seasonal Vegetables Yorkshire Pudding (GL,E,M) Gravy	Garlic Bread (GL,M)	Wedges Sweetcorn
Dessert	Banana Bread with Chocolate Chips (GL,E,SOY)	Pear Halves & Hot Chocolate Sauce (SOY/M)	Syrup Sponge (GL,E)	Cookies (GL,E,M,SOY)	Pancakes (GL,E) & Chocolate Sauce