



Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

School Lunch Menu

Winter 2026



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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
5th January 2026

	Monday (Inset Day)	Tuesday	Wednesday	Thursday	Friday
Main		Pasta Bolognese (GL)	Chicken & Sweetcorn Pie (GL,M)	Butter Chicken Curry (M)	Fish Fingers (GL,F)
Gluten Free		GF Spaghetti	GF Sausage (SUL)	Butter Chicken Curry (M)	GF Fish (F)
Vegetarian		Vegetarian Pasta Bolognese (GL,SOY)	Vegan Sausages (GL)	Butter Vegetable & Chickpea Curry (M)	Quiche of the Day (GL,E,M)
On The Side		Garlic Bread (GL,M) Peas Salad	Mash Potatoes Green Beans Carrots	Basamati Naan (GL) Poppadoms Dips	Beans Peas Homemade Tartare Sauce (E) Lemon Wedges
Dessert		Spiced Tropical Cake (GL,E,SUL)	Shortbread (GL)	Ice Cream (M) Lollies	Eton Mess (E,M)



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Week Commencing
12th January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Minced Beef Lasagne (GL,M)	Mexican Chicken	All Day Breakfast	Macaroni Cheese (GL,M)	Home Baked Honey Baked Ham
Gluten Free	Minced Beef G/F Lasagne (M)	Mexican Chicken	All Day Breakfast	GF Macaroni Cheese (M)	Poached Eggs (E)
Vegetarian	Roasted Vegetable & Spinach Lasagne (GL,M)	Mexican 5 Bean Chilli	All Day Breakfast	Macaroni Cheese (GL,M)	Baked Cauliflower Cheese (GL,M)
On The Side	Focaccia Bread (GL) Mixed Leaf Salad	Guacamole Sour Cream (M) Salsa Tortillas Mexican Rice	Bacon Sausage (GL,SUL) Scrambled Egg (E) Baguette (GL) Beans, Tomato, Mushroom	Garlic Bread (GL,M) Mixed Vegetables	Wedges Green Beans Parsley Sauce (GL,M)
Dessert	Raspberry Ripple Arctic Roll (GI,E,M)	Lime & Coconut Sponge (GL,E)	Cookies (GI,M,E)	Doughnuts (GI,E,M,SOY)	Cheesecake (GI,M,SOY)








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Week Commencing
19th January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	 Jerk Chicken	Chicken Pesto Bake (GL,M)	Minced Beef Cobbler	Pizza (GL,M,SUL)	Katsu Chicken (GL,M)
Gluten Free	 Jerk Chicken	GF Chicken Pesto Bake (M)	Minced Beef Stew	Pizza (M)	Gf Katsu Chicken Goujons
Vegetarian	 Jamaican Butternut & Spinach Stew	Pesto Bake (GL,M)	Vegetarian Beef Cobbler	Pizza (GL,M)	Vegetarian Katsu (E,M)
On The Side	 Rice & Peas Spicy Cabbage	Focaccia Bread (GL)	Mash Potatoes Broccoli Carrots	Garlic Bread (GL,M) Mixed Leaf Salad 3 Cabbage Slaw (E)	Sweetcorn Pickled Veg (SUL,M) Chips
Dessert	 Crumble of the Day (GL) Custard (M)	Banoffee Pie (GL,M)	Rice Pudding & Jam (M)	Jam & Coconut Sponge (GI,M)	Fresh Fruit Salad








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Week Commencing
26th January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta & Meatballs in a Rich & Rustic Tomato Sauce (GL)	 Piri Piri Chicken	Butchers Sausage Yorkshire Pudding (GL,E,M,SUL)	Pasta Bake (GL,M,SUL))	Filled Soft Roll Butty (GL) Fishfingers (,GL) Pulled Chicken Sausages (GL,SUL)
Gluten Free	GF Pasta & GF Meatballs	 Piri Piri Chicken	GF Sausage GF Yorkshire Pudding (SUL,M,E)	GF Pasta Bake (M)	Filled Soft Roll (SOY)
Vegetarian	Pasta & Meatless balls (GL,SOY)	 Piri Piri Quorn (GL)	Vegan Sausage (GL)	Pasta Bake (GL,M)	Filled Soft Roll (SEE ABOVE)
On The Side	Garlic Bread (GL,M)	 Corn on the cob Rice	Mashed Potato Green Beans Carrots	Focaccia (GL)	Chips
Dessert	Cookies (GL,E,M)	 Apple & Cinnamon Cake (GL,E)	Hot chocolate Sponge (GL,E) & Custard (M)	Ice Cream (M) Lollies	Chocolate Brownies (GL,E)













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Week Commencing 2nd February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	 Chilli Con Carne	Fish Pie (F,M)	Minced Beef Hot Pot topped with Crispy Potatoes	 Chicken Jalfrezi	Burger (GI,SUL)
Gluten Free	 Chilli con Carne	Fish Pie (F,GL,M)	Minced Beef Hot Pot	 Chicken Jalfrezi	GF Burger (SOY)
Vegetarian	 Chilli Sin Carne	Macaroni Cheese (GL)	Vegetarian Mince Hot Pot (GL)	 Vegetable & Chickpea Curry	Plant Based Burger (GL,SUL)
On The Side	 Wedges Guacamole Tortillas Sour Cream (M)	Garlic Bread (GL,M) Mixed Vegetables	Broccoli	 Rice Naan Bread (GL) Dips (M)	Cheese Slice (M) Chips Peas Beans
Dessert	 Rice Pudding & Jam (M)	Carrot Cake (GI,E)	Cherry Shortbread (SUL,GL)	 Cookies (GI,E,M)	



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Week Commencing
9th February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Classic Italian Lasagne (GI,M)	Korean BBQ Chicken (GL)	Spaghetti Ham & Cheese (GI,M)	Chicken Stew & Dumplings (GI)	Sausage Roll (GI,SUL)
Gluten Free	Classic Italian Lasagne (M)	Korean BBQ Chicken	GF Spaghetti Ham & Cheese (M)	Chicken Stew	GF Sausages (SUL)
Vegetarian	Vegan Roasted Vegetable Pasta Bake (GI,M)	Korean BBQ Quorn (GL)	Spaghetti (GL) Arrabiata	Vegan Stew & Dumplings (GI)	Vegan Sausage Roll (GL,SUL)
On The Side	Homemade Focaccia (GL) Mixed Leaf Salad	Kimchi Pickled Vegetables (SUL)	Garlic Bread (GI,M)	Mash Potato Broccoli & Cauliflower	Chips Baked Beans Peas
Dessert	Peach & Rhubarb Crumble (GL,M) Custard (M)	Cherry Chocolate Brownie (GL,E,SUL)	Ice Cream (M) Lollies	Cupcakes (GI,E)	Cheesecake (GI,M)