



Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

EYFS Lunch Menu

Spring 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



Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Classic Italian
Lasagne
(GL,M)**

Chicken Pesto

**Skinless Sausages
(GL)**

**Pork Meatballs in
Tomato Sauce
(SUL)
Pasta (GL)**

**Fishfingers
(GL,F)**

Vegetarian

**Vegetarian
Lasagne
(E)**

Quorn Pesto

**Quorn Sausages
(GL)**

**Meatless Balls in
Tomato Sauce
Pasta (GL)**

**Fishless Fingers
(GL)**

On The Side

**Saute Potato
Broccoli**

**Mash & Gravy
Carrots
Yorkshire Pudding
(GL,E,M)**

**Chips
Peas
Beans**

Dessert

**A Selection of
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

2nd March 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Spaghetti
Bolognese
(GL)**

**Mild Chicken
Curry**

**Macaroni Cheese
& Ham Bake
(GL,M)**

**All Day Breakfast
Egg (E)
Skinless Sausage
(GL,SUL)**

**Wholemeal Bap (GL)
BBQ Chicken
Skinless Sausage
(GL,SUL)**

Vegetarian

**Spaghetti (GL)
Vegetarian
Bolognese
(E)**

**Mild Vegetable
Curry**

**Macaroni Cheese
(GL,M)**

**All Day Breakfast
Egg (E)
Veg Sausage (GL)**

**Wholemeal Bap (GL)
BBQ Quorn
Veg Sausage (GL)**

On The Side

Peas

Rice

Mixed Vegetables

**Beans
Hash Brown**

Chips

Dessert

**A Selection of
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

9th March 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Mild Chilli Con
Carne**

Chicken Stir Fry

**Pasta Bake
(GL,M)**

**Mild Piri Piri
Chicken**

**Katsu Chicken
(GL,M)**

Vegetarian

Vegetarian Chilli

**Quorn Stir Fry (GL,
WHEAT)**

**Vegetarian Pasta
Bake
(GL,M)**

**Mild Piri Piri
Quorn
(GL)**

**Katsu Quorn
(GL,M)**

On The Side

**Sweetcorn
Wedges
Tortillas**

**Prawn Crackers
(CRUST)**

**Mixed Salad
Peas**

**Saute Potatoes
Mixed Vegetables**

**Sweetcorn
Mixed Vegetables
Chips**

Dessert

**A Selection of
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

16th March 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Main

**Pasta Bolognese
(GL)**

Fish Finger (GL,F)

**Sticky BBQ
Chicken**

**Wholemeal Bun
Burger (GL,SUL)**

Roast Chicken

Vegetarian

**Vegetarian Pasta
Bolognese (GL)**

**Fishless Finger
(GL)**

**Sticky BBQ Quorn
(GL)**

**V Burger
(GL,SUL)**

Veg Roast (GL)

On The Side

**Mixed Salad
Peas**

**Mash
Carrots**

**3 Cabbage Slaw (E)
Diced Potatoes
Corn on the Cob**

**Chips
Beans**

**Roast Potatoes
Veg & Gravy
Yorkshire Pudding
(GL,E,M)**

Dessert

**A Selection of
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

23rd March 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Chicken Stir Fry

**Wholemeal Bun
Chicken Burger
(GL)**

Vegetarian

Vegetable Stir Fry

**Quorn Burger
(GL)**

On The Side

Noodles (GL)

Chips

Dessert

**A Selection of
Fresh Fruit, Full Fat Yoghurt with
Fruit Compote and Sugar Free Jelly**



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EYFS Snack Menu

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Week One

*Items may vary daily due to availability

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Eggs (E) Cheese (M)	Banana	Crackers (GL) Cheese (M)	Pepper Cucumber Carrot Hummus (S.Seed)	Wholemeal Sandwiches (GL)
Nursery AM	Muffins (GL)	Crumpets (GL)	Tea Cakes (GL, S)	Croissants (GL)	Banana
Nursery PM	Eggs (E) Cheese (M)	Fruit Finger Selection	Crackers (GL) Cheese (M)	Pepper Cucumber Carrot Hummus (S.S)	Wholemeal Sandwiches (GL)

Key

GL - Gluten M - Milk Egg - E
Soya - S S.Seed - Sesame Seed

Available Daily

Breadsticks (GL) Rice Cakes (No allergens)
Fruit - Apple/Banana/Orange (Cut and peeled appropriately)

Week Two

*Items may vary daily due to availability

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Cheese Scones (GL, M)	Pepper Cucumber Carrot Hummus (S.Seed)	Fruit Smoothie (M)	Wholemeal Pitta Strips (GL) Cheese Spread (M)	Wholemeal Sandwiches (GL)
Nursery AM	Wholemeal Bread (GL)	Tea Cakes (GL, S)	Crumpets (GL)	Croissants (GL)	Banana
Nursery PM	Cheese Scones (GL, M)	Pepper Cucumber Carrot Hummus (S.Seed)	Fruit Smoothie (M)	Wholemeal Pitta Strips (GL) Cheese Spread (M)	Wholemeal Sandwiches (GL)

Key
 GL - Gluten M - Milk Egg - E
 Soya - S S.Seed - Sesame Seed

Available Daily
 Breadsticks (GL) Rice Cakes (No allergens)
 Fruit - Apple/Banana/Orange (Cut and peeled appropriately)