



Gosfield School
NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

EYFS Lunch Menu

Spring 2026





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A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL



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

Pasta

Served daily

Still don't take your fancy?

Come and speak to one of the team!

| | 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) |
| Gluten Free | | | | | |
| 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 | | | | |

| | 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) |
| Gluten Free | | | | | |
| 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 | | | | |

| | 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) |
| Gluten Free | | | | | |
| 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 | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|----------------------|---|-------------------------------|---|
| Main | Pasta Bolognese (GL) | Fish Finger (GL,F) | Sticky BBQ Chicken | Wholemeal Bun Burger (GL,SUL) | Roast Chicken |
| Gluten Free | | | | | |
| 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 | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|-----------|----------|--------|
| Main | Chicken Stir Fry | Wholemeal Bun Chicken Burger (GL) | | | |
| Gluten Free | | | | | |
| 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)