



# Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

## School 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

**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

## 23rd February 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Classic Italian  
Lasagne  
(GL,M)

Chicken Pesto  
(M)

Sausage & Mash  
(GL,SUL)

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

Fishfingers  
(GL,F)  
GF Fish Fillet (F)

**Gluten Free**

GF Lasagne  
(M)

Chicken Pesto  
(M)

GF Sausages &  
Mash

Pork Meatballs  
in Tomato Sauce  
(SUL)  
GF Pasta

GF Fish Fillet  
(F)

**Vegetarian**

Vegetarian  
Lasagne  
(E)

Quorn Pesto  
(M)

Quorn Sausages  
& Mash

Meatless Balls in  
Tomato Sauce  
(SUL)  
GF Pasta

Fishless Fingers  
(GL)

**On The Side**

Garlic Bread  
(GL,M)  
Peas

Saute Potato  
Broccoli  
Carrots

Yorkshire Pudding  
(GL,E,M)  
Seasonal Vegetables  
Gravy

Focaccia Bread  
(GL)  
Mixed  
Vegetables

Chips  
Peas  
Beans

**Dessert**

Rice Pudding (M)  
Mousses (M)

Birthday Cake  
(GL,E)

Fruit Crumble  
(GL)  
Custard (M)

Cookies  
(GL,E,M,SOY)

Brownie  
(GL,E,SOY)



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## 2nd March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Pasta Bolognese  
(GL)

Mild Chicken  
Curry

Macaroni Cheese  
& Ham Bake  
(GL,M)

All Day Breakfast  
Egg (E)  
Sausage (GL,SUL)  
Bacon

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

**Gluten Free**

GF Pasta  
Bolognese

Mild Chicken  
Curry

GF Macaroni  
Cheese

All Day Breakfast  
Egg (E)  
GF Sausage (SUL)  
Bacon

GF Bap (SOY)  
BBQ Chicken  
GF Sausage  
(SUL)

**Vegetarian**

Vegetarian Pasta  
Bolognese  
(E)

Mild Vegetable  
Curry

Maaroni Cheese  
(GL,M)

All Day Breakfast  
Egg (E)  
Veg Sausage (SUL)

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

**On The Side**

Peas

Rice & Poppadoms  
Naan Bread (GL)  
Rajita (M)  
Mango Chutney

Mixed Vegetables  
Focaccia Bread (GL)  
Sweetcorn

Beans  
Hash Brown  
(SUL)

Chips

**Dessert**

Eton Mess  
(E,M)

Lime & Coconut  
Sponge  
(GL,E)

Cherry Shortbread  
(GL,SUL)

Doughnuts  
(GL,E,M,SOY)

Arctic Roll  
(GL,E,M,SOY)



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## 9th March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Mild Chilli Con  
Carne

Sweet & Sour  
Chicken

Pasta Bolognese

Pizza Chicken

Katsu Chicken  
(GL,M)

**Gluten Free**

Mild Chilli Con  
Carne

Sweet & Sour  
Chicken

GF Pasta  
Bolognese

GF Pizza Chicken

GF Katsu Chicken  
(M)

**Vegetarian**

Vegetarian  
Chilli Con  
Carne

Sweet & Sour  
Quorn  
(GL, WHEAT)

Vegetarian Pasta  
Bolognese (GL)

Quorn Pesto  
(GL)

Katsu Quorn  
(GL,M)

**On The Side**

Sweetcorn  
Wedges  
Tortillas

Rice  
Prawn Crackers  
(CRUST)

Garlic Bread (GL,M)  
Mixed Salad  
Peas

Saute Potatoes  
Mixed  
Vegetables

Sweetcorn  
Pickled Vegetables  
Chips

**Dessert**

Chocolate Rice  
Pudding  
(M)

Apple & Cinnamon  
Sponge (GL,E)  
Custard (M)

Peach & Raspberry  
Crumble (GL)  
Cream (M)

Ice Cream  
(M)

Fresh Fruit Salad



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Week commencing

## 16th March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

Meat Feast  
Pizza  
(GL,SUL,M)

Fish Fillet (F)  
Fish Fingers  
(GL,F)

Sticky BBQ  
Chicken

Burger  
(GL,SUL)

Roast Chicken  
Dinner

**Gluten Free**

GF Pizza

GF Fish Fillet (F)

Stick BBQ  
Chicken

GF Burger

Roast Chicken  
Dinner

**Vegetarian**

Margherita Pizza  
(GL,M)

Fishless Fingers  
(GL)

Sticky BBQ  
Quorn (GL)

“V” Burger  
(GL,SUL)

Veg Roast Dinner  
(GL)

**On The Side**

Peas

Mash  
Carrots

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

Chips  
Cheese (M)  
Beans

Potatoes & Gravy  
Vegetables  
Yorkshire Pudding  
(GL,E,M)

**Dessert**

Apple, Sultana &  
Cinnamon  
Crumble (GL)  
Custard (M)

Chocolate Orange  
Sponge (GL,E)  
Chocolate Sauce  
(M)

American Pancakes  
(GL,E,M)  
Chocolate Drizzle  
(SOY)

Cornflake Cake  
(BARLEY,SOY,M)

Cherry  
Cheesecake  
(M,GL)



	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Stir Fry	Chicken Burger (GL)			
Gluten Free	Chicken Stir Fry Rice Noodles	Plain Chicken Burger			
Vegetarian	Vegetable Stir Fry	Quorn Burger (GL)			
On The Side	Noodles (GL)	Chips			
Dessert	Fresh Fruit Salad Custard Tart (GL,E,M)	Tiramisu (GL,E,M,SOY)			