



ESTABLISHED 1929

Gosfield School

Autumn Term 2018/19

Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course	Sweet & Sour Chicken served with Long Grain Rice & Prawn Crackers	Lancashire Hot Pot	Roast Beef served with Yorkshire Pudding	Chicken & Sweetcorn Pasta Bake served with Garlic Bread	Fried Fish in Batter served with Tartare Sauce & Lemon
Dairy Free	Sweet & Sour Chicken	Lancashire Hot Pot	Roast Beef	Chicken & Sweetcorn Pasta Bake served in a Tomato & Basil Sauce	Traditional Sausages, Jumbo Fish Fingers or Fish Dippers
Vegetarian	Quorn Chilli Con Carne served with Rice	Smoked Haddock Fishcakes served with Tomato Sauce	Roasted Mediterranean Vegetable Lasagne	Margherita Pizza	Samosas served with Curry Sauce
Vegetables	Sweetcorn Cauliflower Florets	Broccoli Sliced Carrots	Roast Potatoes Savoy Cabbage Diced Swede	Herby Diced Potatoes Sliced Green Beans Baton Carrots	Chipped Potatoes Garden Peas Baked Beans
Light Bite	Jacket Potato served with Tuna Mayo or Cheese or Baked Beans	Cheese Melt or Tuna Melt Paninis	Jacket Potato served with Tuna Mayo or Cheese or Baked Beans	Jacket Potato served with Tuna Mayo or Cheese or Baked Beans	Jacket Potato served with Tuna Mayo , Cheese or Baked Beans
Salad Choices	Self service Salad bar with a selection of salad & main course items Homemade Bread	Self service Salad bar with a selection of salad & main course items Homemade Bread	Self service Salad bar with a selection of salad & main course items Homemade Bread	Self service Salad bar with a selection of salad & main course items Homemade Bread	Self service Salad bar with a selection of salad & main course items Homemade Bread
Dessert	Apple & Blackberry Pie served with Custard Lemon Butterfly Muffins Fruit Yoghurts Fresh Fruit Jelly	Rice Pudding served with Jam Sauce Iced Vanilla Sponge Fruit Yoghurts Fresh Fruit Jelly	Chocolate Chip Sponge served with Chocolate Sauce Assorted Cookies Fruit Yoghurts Fresh Fruit Jelly	Peach Melba Cheesecake Jam Sponge served with Custard Fruit Yoghurts Fresh Fruit Jelly	Assorted Ice-Creams Chocolate Fudge Pudding Fruit Yoghurts Fresh Fruit Jelly

A co-educational independent through school

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Menu - Week 2



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course	Beef Ragout Pasta Bake	Sticky Chicken in Honey, Lime & Soy Sauce	Crispy Chicken Fillet served in a Bap	Steak & Onion Pie	Fried Fish in Batter served with Tartare Sauce & Lemon
Dairy Free	Minced Beef with Penne served in a Tomato & Basil Sauce	Sticky Chicken	Crispy Chicken Fillet	Steak & Onion Pie	Traditional Sausages, Jumbo Fish Fingers Or Fish Dippers
Vegetarian	Spanish Fritata	Quorn Sausages served in BBQ Sauce	Quorn Stuffed Peppers	Gnocchi & Tomato Bake	Cheese & Chive Tart
Vegetables	Sweetcorn Baton Carrots	Roasted Peppers & Courgettes Cauliflower Florets	Spicy Wedges Sweetorn Broccoli	Baby New Potatoes	Chipped Potatoes Garden Peas Baked Beans
Light Bite	Jacket Potato served with Tuna Mayo , Cheese or Baked Beans	Jacket Potato served with Tuna Mayo or Cheese or Baked Beans	Jacket Potato served with Tuna Mayo or Cheese or Baked Beans	Cheddar Cheese Flatbreads	Jacket Potato served with Tuna Mayo , Cheese or Baked Beans
Salad Choices	Self service bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread
Dessert	Pineapple Upside Down served with Custard White Chocolate Flapjack Fruit Yoghurts Fresh Fruit Jelly	Plum Crumble served with Custard Iced Chocolate Sponge Fruit Yoghurts Fresh Fruit Jelly	Frosted Carrot Cake American Style Pancakes served with Fruit Compote or Syrup Fruit Yoghurts Fresh Fruit Jelly	Syrup Sponge served with Custard Jam Doughnuts Fruit Yoghurts Fresh Fruit Jelly	Choclolate Brownies Strawberry Mousse served with Shortbread Fingers Fruit Yoghurts Fresh Fruit Jelly

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Menu - Week 3



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	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Main Course	Chicken Tikka Masala served with Long Grain Rice & Naan Bread	Sausage & Onion Plait	Roast Chicken served with Sage & Onion Stuffing & Yorkshire Pudding	Lasagne served with Garlic Bread	Fish in Batter served with Tartare Sauce & Lemon
Dairy Free	Chicken Tikka	Sausage & Onion Plait	Roast Chicken	Savoury Mince served with Penne	Traditional Sausages, Jumbo Fish Fingers or Dippers
Vegetarian	Quorn Bolognaise served with Spaghetti	Mushroom Ravioli served in Tomato Sauce	Lemon & Herb baked Fish with Cheese & Crumb Topping	Roast Pepper & Cherry Tomato Quiche	Quorn & Vegetable Pastie
Vegetables	Sweetcorn Sliced Green Beans	Creamed Potatoes Broccoli Baton Carrots	Roast Potatoes Cauliflower Mixed Vegetables	Sweetcorn Sliced Carrots	Chipped Potatoes Garden Peas Baked Beans
Light Bite	Jacket Potato with Tuna Mayo, Cheese or Baked Beans	Cheese Melt or Tuna Melt Paninis	Jacket Potato served with Tuna Mayo, Cheese or Baked Beans	Jacket Potato served with Tuna Mayo, Cheddar Cheese or Baked Beans	Jacket Potato with Tuna Mayo or Cheese or Baked Beans
Salad Choices	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread	Self service Salad bar with a selection of salad and main course items Homemade Bread
Dessert	Pear & Maple Syrup Sponge served with Custard Rice Krispie Cake Fruit Yoghurts Fresh Fruit Jelly	Apple Crumble served with Custard Banana & Chocolate Cupcakes Fruit Yoghurts Fresh Fruit	Steamed Sultana Pudding served with Custard Apricot Tart Fruit Yoghurts Fresh Fruit Jelly	Iced Bakewell Tart Apple Crisp Fruit Yoghurts Fresh Fruit Jelly	Chocolate & Orange Muffins Flapjack Fruit Yoghurts Fresh Fruit Jelly

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