

## GOSFIELD SCHOOL LUNCH MENU

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 Menus are reviewed regularly, based on the student's 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.

- *'Students Choice' is offered on the final day of each half term.*

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 student's requirements.

<b>W/C 2/9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>			Beef Lasagne (GL,M)	Turkey & Ham Pie (GL,E,M)	Panini Day Gl Cheese (M) Tuna (F/M) Ham & Cheese (M)
<b>GLUTEN FREE</b>			Lasagne	Turkey & Ham Pie topped with Potato	Panini Day
<b>VEGETARIAN</b>			Vegetable & Lentil Lasagne (GL,M)	Quorn & Vegetable Pie (GL,M,E)	Panini Day
<b>ON THE SIDE</b>			Peas/Carrot/Garlic Bread (GL,M)	Roasted New Potatoes/Sweetcorn/Broccoli	Tortillas/Cucumber Sticks
<b>DESSERT</b>			Jam & Coconut Sponge (GL,E,SUL)	Rice Pudding (M)	Cherry Cheesecake (GL,M,SUL)
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy</b>					

<b>W/C 9/9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Mexican Chilli Con Carne	Chicken Alfredo (M)	Butchers Sausages (GL,SUL)	Spaghetti Bolognese (GL)	Battered Pollock Fillet (F)/Fishfingers (GL,F)
<b>GLUTEN FREE</b>	Mexican Chilli Con Carne	Chicken Alfredo (M)	G/F Sausage (SUL,SOY)	G/F Pasta Bolognese Tomato & Basil Sauce	Battered Pollock Fillet (F)
<b>VEGETARIAN</b>	5 Bean Chilli	Quorn Fillet Alfredo (GL,M)	Vegan Sausage (GL)	Vegan Bolognese (Must,Soy)	Spicy Bean Burger (GL)
<b>ON THE SIDE</b>	Rice/Peas Sweetcorn	Potato Wedges Green Beans	Mash Peas Gravy	Garlic Bread (GL,M) Mixed Vegetables	Peas/Beans
<b>DESSERT</b>	White Chocolate Cookie (GL,E,M)	Eton Mess (M,E)	Fruit Crumble (GL) Custard (M)	Lemon Bakewell (GL,E,M)	Trifle (M,Gl,E)
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy</b>					

<b>W/C 16/9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Macaroni Cheese with Ham (GL,M)	Cottage Pie	Pizza Bar (Gl,M)	Oriental Chicken	Build Your own Burger (GL,SUL)
<b>GLUTEN FREE</b>	G/F D/F Pasta Bake	Cottage Pie	G/F Pizza	Oriental Chicken	Build Your own Burger
<b>VEGETARIAN</b>	Macaroni Cheese (Gl,M)	Vegan Cottage Pie	Pizza Bar (Gl,M)	Sweet & Sour Vegetables (SUL)	Vegan Burger (GL)
<b>ON THE SIDE</b>	Homemade Focaccia (GL)	Broccoli/Carrots	Wedges 3 Cabbage Slaw (E)	Rice Noodles Prawn Crackers (Cru)	Chips Cheese (M) Gherkins (Must)
<b>DESSERT</b>	Pineapple Upside Down Cake (GL,E,SUL)	Fruit Salad Mousses (M)	Cornflake Tart (Gl,SOY)	Banoffee Pie (Gl,M)	Chocolate Brownie (Gl,E,M)
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy, Crustacean CRU</b>					

<b>W/C 23/9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Chicken Pesto Bake (GL,M)	Gourmet Hot Dog	Thai Chicken Curry	Pasta Bar Tomato Sauce Bolognese Cheese & Ham Sauce (GL,M)	Battered Pollock (F) Fishfinger (GL,F)
<b>GLUTEN FREE</b>	G/F Pesto Bake	G/F Gourmet Hot Dog	Thai Chicken Curry	Pasta Bar Tomato Sauce Bolognese	G/F Battered Pollock (F)
<b>VEGETARIAN</b>	Vegan Pasta Bake (GL,M)	Vegan Not Dog	Vegetable Thai Curry	Pasta Bar Tomato Sauce	Vegetable Frittata (E)
<b>ON THE SIDE</b>	Homemade Focaccia (GL) Peas	Wedges Sweetcorn Sauerkraut	Rice Prawn Cracker (M)	Garlic Bread (GL,M) Peas & Sweetcorn	Chip Peas/Beans
<b>DESSERT</b>	Fruit Crumble (GL) Cream (M)	Ice Cream (M) Lollies	Sticky Toffee Puuding GL,E, Toffee Sauce	White Chocolate Cookie (GL,E,M) Brownie Pots (GL,E,M)	Rocky Road (GL)

**Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads & sandwiches, fruit, yoghurt available daily**  
**KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy**

<b>W/C 30/9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Classic Lasagne (Gl, M)	Mexican Chicken	Chicken Burger (GL)	Sausage Casserole Gl/Soy	Italian Bake (GL,M)
<b>GLUTEN FREE</b>	G/F Lasagne	Mexican Chicken	G/F Chicken Bap	G/F Sausage Casserole	G/F Pasta Tomato Sauce
<b>VEGETARIAN</b>	Vegan Lasagne (Gl,M)	5 Bean Stew	This isn't Chicken Burger (Gl,SOY)	Vegan Sausage Casserole (GL)	Vegetarian Bake (GL,M)
<b>ON THE SIDE</b>	Focaccia (GL)	Rice Tortillas Sour Cram (M)	Chunky Chips Coleslaw (E)	Mash Buttered Savoy Carrots	Homemade Focaccia (GL)
<b>DESSERT</b>	Banana Bread (Gl,E)	Flapjack (GL)	Double Chocolate Cookie (GL,M,E)	Sponge & Pink Custard (Gl,M)	Cupcakes (G/E) Choc Muffins (Gl,M,E)
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy</b>					

<b>W/C 7/10</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Pizza Chicken (M)	Minced Beef Pie (GL,E)	Breaded Pollock (F) Fish Fingers (F,GL)	Mild Chicken Curry	Baguette Bar (GL)
<b>GLUTEN FREE</b>	Pizza Chicken (M)	Vegan Mince Pie (GL,E)	G/F Fish (F)	Mild Chicken Curry	G/F Baguette Bar
<b>VEGETARIAN</b>	Vegan Pizza Quorn (GL)	Roasted Diced Potatoes	Vegan Spinach & Chickpea Falafel Burger	Vegetable & Bean Korma	Baguette Bar
<b>ON THE SIDE</b>	Wedges Sweetcorn	Broccoli/Carrots Roasted Diced Potatoes i Peas	Peas Beans Mash	Rice Naan Bread (GL)	Rosemary & Sea Salt Fries
<b>DESSERT</b>	Lemon Drizzle (GL,E,M)	Lemon Cheesecake (GLM)	Chocolate Sponge Chocolate Sauce	Classic Shortbread (GL)	Chocolate Tiffin (GL,M)
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy</b>					

<b>W/C 14/10</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN</b>	Hunters Chicken (GL,CEL)	Mac 'N' Cheese With Ham (GL,M)	Sausage Plait (GL,SUL,E)	Pork Meatballs in Tomato Sauce	STUDENT CHOICE TBC
<b>GLUTEN FREE</b>	G/F Hunters Chicken	G/F Pasta Tomato & Basil Sauce	G/F Sausages (SOY,SUL)	Pork Meatballs in Tomato Sauce	STUDENT CHOICE TBC
<b>VEGETARIAN</b>	Hunters Quorn Fillet (GL,CEL)	Mac 'N' Cheese (GL,M)	Roasted Vegetable Quiche (GL,M,E)	Vegan Meatballs (SOY,GL,SUL)	STUDENT CHOICE TBC
<b>ON THE SIDE</b>	Wedges Sweetcorn Coleslaw (E)	Peas Broccoli	Mash Savoy Cabbage Baked Beans	Pasta (GL) Carrots Green Beans	STUDENT CHOICE TBC
<b>DESSERT</b>	Syrup Sponge (GL,E, Custard (M)	Lime & Coconut Cake (GL,E)	Cornflake Cakes (GL,SOY)	Pancakes (GL,E,M) Maple Syrup	STUDENT CHOICE TBC
<b>Filled Jacket Potatoes, Soup, Pasta, Specials, Deli Bar, freshly prepared salads &amp; sandwiches, fruit, yoghurt available daily</b> <b>KEY: SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must, Lupin - Lup, Soya - Soy</b>					



