

# Middle School Lunch Menu

(Gosforth East Middle)

SEPTEMBER - FEBRUARY

(Menu Option 2w)

**WEEK 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Margherita Pizza Slice (v) Oven Diced Potatoes (v) Homemade Slaw (v)	Sizzling Pork Sausage (v) Mashed Potato (v)	Golden Cheese & Potato Roll (v) Skin on Wedges (v)	Crispy Chicken Burger Seasoned Wedges (vg)	Crispy Battered Fish Fillet Chips (vg)
<b>Main Course</b>	Pepperoni Pizza Slice Oven Diced Potatoes (v) Homemade Slaw (v)	Sizzling Quorn Sausage (v) Mashed Potato (v)	Baked Vegetarian Sausage & Bean Melt (v) Skin On Wedges (v)	Mighty Quorn Burger with Cheese (v) Seasoned Wedges (vg)	Classic Cheese & Tomato Omelette (v) Chips (vg)
<p><b>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognaise, Curry Chicken, Coronation Chicken / Fresh Sandwiches with (v) and (vg) options.</b></p> <p><b>*Meals include a choice of juice carton(200ml) or water (250ml)</b></p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Iced Shortbread Finger (v)	Chocolate Orange Sponge with Custard (v)	Fruity Flapjack with Custard (v)	Frozen Yoghurt (v)	Oaty Fruit Cookie (v)

**Why don't you swap the main dessert for fresh fruit or yoghurt and a chilled drink?**



WEEK 1	WEEK 2	WEEK 3
01 Sept 25	08 Sept 25	15 Sept 25
22 Sept 25	29 Sept 25	06 Oct 25
13 Oct 25	20 Oct 25	03 Nov 25
10 Nov 25	17 Nov 25	24 Nov 25
01 Dec 25	08 Dec 25	15 Dec 25
05 Jan 26	12 Jan 26	19 Jan 26
26 Jan 26	02 Feb 26	09 Feb 26

Menus are subject to availability (v)suitable for vegetarians (vg)vegan diets

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**WEEK 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Margherita Pizza Slice(v)  Seasoned Wedges (vg)	Traditional All-Day Breakfast (Pork Sausage, Hash Brown, Beans, Omelette)	Hearty Beef Bolognese with Spaghetti Focaccia Bread (v) Chopped Mixed Salad (vg)	Chinese Style Chicken Noodle Pot	Golden Fish Fingers or Salmon Bites  Chip (vg)
<b>Main Course</b>	Rich Vegetable Ragu with Penne Pasta (v)  Oven Baked Crusty Bread (v)	Traditional All-Day Breakfast (vg) (Quorn Sausage, Hash Brown, Beans, Tomato)	Hearty Quorn Bolognese with Spaghetti (v) Focaccia Bread (v) Chopped Mixed Salad (vg)	Chinese Style Vegetable Noodle Pot (v)	Crunchy Vegetable Dippers (v)  Chips (vg)
<p><b>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognaise, Curry Chicken, Coronation Chicken / Fresh Sandwiches with (v) and (vg) options.</b></p> <p><b>*Meals include a choice of juice carton(200ml) or water (250ml)</b></p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Marble Muffin (v)	Fruit Crumble with Custard (v)	Fruity Oat Cookie (v)	Banana Cake with Custard (v)	Frozen Yoghurt (v)

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**WEEK 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Margherita Pizza Slice (v) Seasoned Wedges (vg) Chopped Mixed Salad (vg)	Classic Mild Chicken Korma Curry Naan Bread (v) Steamed Rice (vg)	Hearty Minced Beef and Dumpling  Mashed Potato (v)	Golden Roast Chicken Sage & Onion Stuffing (v) Gravy (v) Roast Potatoes (v)	Crispy Battered Fish Fillet  Chips (vg)
<b>Main Course</b>	Crunchy Quorn Dippers (v)  Seasoned Wedges (vg) Chopped Salad (vg)	Mediterranean Tomato & Halloumi Bake (v)  Oven Baked Crusty Bread (v)	Classic Pasta Pomodoro (v)  Garlic Dough Ball (v)	Golden Roast Quorn Fillet (vg) Sage & Onion Stuffing (v) Gravy (v) Roast Potatoes (v)	Roasted Tomato Risotto (vg)  Oven Baked Crusty Bread (vg)
<p><b>Chef's choice of Seasonal Vegetables (v) (vg) and Salad Bar / Oven Baked Jacket Potatoes – Cheese (v), Tuna Mayo, Beans (v)(vg) Bolognaise, Curry Chicken, Coronation Chicken / Fresh Sandwiches with (v) and (vg) options.</b></p> <p><b>*Meals include a choice of juice carton(200ml) or water (250ml)</b></p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Chocolate Crispy Cake (v)	Orange Sponge with Chocolate Custard (v)	Lemon Curd Muffin (v)	Sticky Toffee Pudding with Custard (v)	Fruity Friday (v)



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