

# Middle School Lunch Menu

(Gosforth East Middle)

FEBRUARY – JULY

(Menu Option 2s)

**WEEK**  
**1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Oven Baked Mac & Cheese (v) Garlic Bread Slice (v) Chopped Mixed Salad (vg)	Golden Sausage Roll Jacket Wedges (v) Baked Beans (v)	Minced Beef Bolognese with Spaghetti Garlic Focaccia Bread (v)	Crispy Chicken Burger Seasoned Wedges (vg) Homemade Slaw (v)	Golden Fish Fingers or Salmon Bite Wrap Chopped Mixed Salad (v)
<b>Main Course</b>	Oven Baked Vegetable Burrito (v) Garlic Slice (v) Chopped Mixed Salad (vg)	Golden Cheese & Potato Roll (v) Jacket Wedges(v) Baked Beans (v)	Vegetable Bolognese with Spaghetti (v) Garlic Focaccia Bread (v)	Crispy Quorn Cheeseburger(v) Seasoned Wedges (vg) Homemade Slaw (v)	Crispy Vegetable Dippers (vg) with BBQ Dip (vg) Chips (vg) Mixed Salad (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) Bolognese, 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)	Fruity Flapjack with Vanilla Custard (v)	Frozen Yoghurt (v)	Oaty Fruit Cookie (v)	Lemon Drizzle Cake (v)

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



WEEK 1	WEEK 2	WEEK 3
23 Feb 26	02 Mar 26	09 Mar 26
16 Mar 26	23 Mar 26	30 Mar 26
20 April 26	27 April 26	04 May 26
11 May 26	18 May 26	01 June 26
08 June 26	15 June 26	22 June 26
29 June 26	06 July 26	13 July 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>	<b>Rich Pasta Pomodoro (v)</b> Garlic Bread Slice (v)	<b>Crispy Nacho Chicken Wrap</b> Skin on Wedges (v) Chopped Mixed Salad (vg)	<b>Pepperoni Pizza Slice (v)</b> Pasta Twists (v)	<b>Roast Chicken with Yorkshire Pudding</b> Gravy (v) Roast Potatoes (v)	<b>Golden Breadcrded Fish Stars</b> Chips (vg)
<b>Main Course</b>	<b>Oven Baked Cauliflower Cheese Loaded Yorkshire Pudding (v)</b> Mini Roast Potatoes (v)	<b>Oven Baked Tortilla Stack (v)</b> Skin on Wedges(v) Chopped Mixed Salad (vg)	<b>Mediterranean Pizza Slice (v)</b> Pasta Twists (v)	<b>Roast Quorn Fillet with Yorkshire Pudding (v)</b> Gravy (v) Roast Potatoes (v)	<b>Roasted Tomato Risotto (v)</b> Oven Baked Crusty Bread (vg)
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. *Meals include a choice of juice carton(200ml) or water (250ml)					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Chocolate Brownie (v)	Strawberry Mousse (v)	Lemon & Coconut Cookie (v)	Toffee Cake & Ice Dream (v)	Fruity Friday (v)

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**WEEK**  
**3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Course</b>	Pork Meatball Sub Skin on Wedges(v)	Margherita Pizza Slice (v) Oven Diced Potatoes (v) Chopped Mixed Salad (vg)	American Style Cheeseburger Seasoned Wedges (vg)	Classic Chicken Tikka Curry Steamed Rice (vg) Naan Bread (v)	Oven Baked Breaded Fish Bites Chips (vg)
<b>Main Course</b>	Classic Quorn Katsu Curry (v) Steamed Rice (vg) Naan Bread (v)	Rich Napoli Spaghetti (v) Focaccia Bread (v)	Plant Power Burger with Cheese (v) Seasoned Wedges (vg)	Cheese & Broccoli Bake (v) Mini Roast Potatoes	Vegetable Fingers with Tomato Dip (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) Bolognese, Curry Chicken, Coronation Chicken / Fresh Sandwiches with (v) and (vg) options.</b> *Meals include a choice of juice carton(200ml) or water (250ml)</p>					
<b>Dessert (Fresh Fruit, Yoghurt, Cheese &amp; Biscuits)</b>	Honey & Oat Muffin (v)	Pancakes with Golden Syrup & Sliced Banana (v)	Melting Moment Cookie (v)	Frozen Yoghurt (v)	Arctic Ice Cream Roll with Mandarins (v)

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