



# WEEK ONE

## MONDAY

Pasta Bake (G) (D) (V)  
Jacket Potato (D) (V)

## TUESDAY

Meat Balls (G) (E)  
Spaghetti (G) (V)  
Veggie Mince (G) (E)

## WEDNESDAY

Teriyaki Beef  
Rice (V)  
African bean stew  
(V)

## THURSDAY

Peri Peri Chicken  
Seasoned  
Potatoes (V)  
Glazed Salmon

## FRIDAY

Fish & Chips (D) (W)  
Baked beans  
Selection of Quiches  
(D) (E) (G)

A selection of bread  
vegetables, fruit  
yoghurt, crackers and  
salad served daily.  
Jacket Potatoes are  
served with either  
Baked beans , Tuna or  
cheese

Homemade cake  
served on a Wednesday



Allergen Information  
Key: (D) Dairy (E) Eggs,  
(G) Gluten (V) Vegetarian

Any questions please feel free to ask the chef







# WEEK TWO



## MONDAY

Mexican Chilli (V)  
with rice  
Jacket Potato (D) (V)

## THURSDAY

Chicken Tikka  
Rice (V)  
Vegetable curry (V)

A selection of bread  
vegetables, fruit  
yoghurt, crackers and  
salad served daily.  
Jacket Potatoes are  
served with either  
Baked beans , Tuna or  
cheese

## TUESDAY

Beef Lasagne (G) (D)  
Vegetable  
Chow mein (V) (E) (G)

## FRIDAY

Pizza & Chips (G) (D) (V)  
Feta Parcel (V) (D) (G)

Homemade cake  
served on a Wednesday

## WEDNESDAY

Macaroni cheese  
(V) (G) (D)  
Pan fried fish (G)  
Cous cous (G) (V)

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# WEEK THREE



## MONDAY

Pasta Arrabiata (V)  
(D) (G)  
Vegetable curry (V)  
Bulgur wheat (V) (G)

## TUESDAY

Beef / Veg Taco  
Rice  
Jacket potato (D) (V)

## WEDNESDAY

Sausage & Mash  
(G) (D)  
cheese & Onion  
pinwheel (D) (G) (V)

## THURSDAY

Jerk chicken Rice &  
Peas  
Leek & lentil pie  
(D) (V)

## FRIDAY

Chicken nuggets (G) (D)  
Chips (V)  
Cornish pasty (V) (G)

A selection of bread  
vegetables, fruit  
yoghurt, crackers and  
salad served daily.  
Jacket Potatoes are  
served with either  
Baked beans , Tuna or  
cheese

Homemade cake  
served on a Wednesday



Allergen Information  
Key: (D) Dairy (E) Eggs,  
(G) Gluten (V) Vegetarian

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# Nutritional information

At Goose green we specialise in a day  
that we serve No meat, This will be  
every Monday. Our children know this

as

**MEAT FREE MONDAY.**

Wherever possible, all food is  
homemade on site from local, British  
ingredient Goose Green Primary School  
is a nut-free and sesame seed free  
school. We use locally sourced  
ingredients when available and in  
season. We aim to provide special  
dietary requirements including  
allergens and intolerance. We are  
committed to reducing salt and sugar  
by using reduced salt and sugar at all  
times.

