



## 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

#### **THURSDAY**

Peri Peri Chicken Seasoned Potatoes (v) Glazed Salmon

#### FRIDAY

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

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

Any questions please feel free to ask the chef

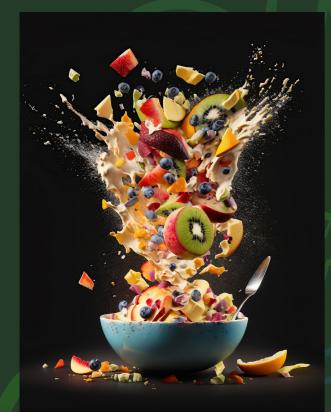


A selection of bread vegetables, fruit yoghurt, crackers and salad served daily.
Jacket Potatoes are served with either Baked beans, Tuna or cheese
Homemade cake served on a Wednesday











## WEEK TWO

#### MONDAY

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

#### TUESDAY

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

#### WEDNESDAY

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

#### **THURSDAY**

Chicken Tikka Rice (v) Vegetable curry (v)

#### FRIDAY

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

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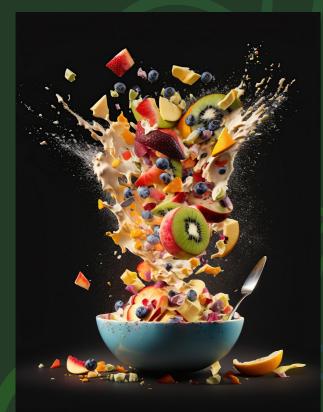


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## WEEK THREE

#### 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

#### FRIDAY

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

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(D)(V)



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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

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.







