



# 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



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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.

