

Gooseacre Primary Academy

Menu Week 1





	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** <i>with Dough Balls (V)</i> Cheesy Tomato Topped Pizza Slice	Beef Burger <i>with Cajun Potato Wedges</i> Beef burger served in a soft bun with cheese, lettuce and mayo	Roast Chicken <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and herby gravy	Meat and Vegetable Pie with Buttery Mash Potato A meat and vegetable pie with a puff pastry lid	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Burrito (V) A soft wrap filled with lightly spiced veggies and rice	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Pastry Slice <i>with Roast Potatoes and Gravy</i> Pumpkins and potatoes wrapped in flaky pastry	The Incredible Burger <i>with Potato Wedges (V)</i> Meatless burger served in a soft bap with ketchup	Quorn Dippers and Chips (V) Crispy Quorn dippers with their fave sauce – ketchup
Jacket Potato	Jacket Potato With A Choice Of Fillings from Baked Beans, Grated Cheese or Tuna Mayonnaise				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Coleslaw & Sweetcorn	Peas & Broccoli	Carrots & Cabbage	Cauliflower Cheese & Carrot Batons	Baked Beans & Peas
Desserts	Secret Brownie	Raspberry Ripple Ice Cream	Cheese and Biscuits	Chocolate Cake	Syrup Sponge and Custard



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Menu Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Chicken Tikka Masala with Rice ** Succulent chicken in a mild curry sauce	Roast Pork Loin with Roast Diced Potatoes and Gravy Moist roast pork with fluffy roast diced and tasty gravy	Lasagne with a Garlic & Herb Bread Wedge ** A classic Italian layered pasta dish with beef mince	Crispy Plaice Fillets and Chips Crispy Plaice fillets and scrummy chips chips
Alternative Dish	Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Baked Macaroni (V) Traditional Mac N Cheese, delicious macaroni in a creamy cheese sauce	Pastry Slice with Roast Potatoes and Gravy (V) Pumpkin and potatoes wrapped in flaky pastry	Chilli Macaroni (V) A lightly spiced Mac N Cheese	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
Jacket Potato	Jacket Potato With A Choice Of Fillings from Baked Beans, Grated Cheese or Tuna Mayonnaise				
Pasta	 Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta 				
Vegetables	Sweetcorn Broccoli and Cauliflower Medley	Broccoli & Peas	Carrots & Cabbage	Sweetcorn & Broccoli	Peas & Baked Beans
Desserts	Cheese and Biscuits	Apple & Carrot Yoghurt Muffin	Sponge cake	Chocolate Cake	Strawberry ice cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian



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Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Chinese Veggie Noodles (V) Fragrant egg noodles with stir fried vegetables	Sausage and Mash with Gravy Traditional Pork Sausage and Mash with rich Gravy	Roast Turkey with Roast Potatoes and Gravy Moist roast turkey with fluffy roasties and tasty gravy	Chinese Chicken Noodles with Sweet Chili Sauce A classic Chinese chicken dish in sweet chilli sauce with stir fry vegetables	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Cheese and Tomato Pizza ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	Quorn Bolognese **(V) Penne pasta in a yummy tomato and Quorn sauce	Veg Pastry Slice with Roast Potatoes and Gravy (V) Pumpkin and potatoes wrapped in flaky pastry	Mild Bean Chill(v) with a rice side Super yummy mildly spiced vege chilli	Quorn dippers with Chips (V)
Jacket Potato	Jacket Potato With A Choice Of Fillings from Baked Beans, Grated Cheese or Tuna Mayonnaise				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
Desserts	Raspberry Yoghurt Cake	Peach Shortbread Pudding & Custard	Flapjack with Fruit Slices *	Crunchy Chocolate Biscuit	Vanilla Ice Cream

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian

