

Middle School Lunch Menu

Gosforth Junior High Academy

FEBRUARY – JULY

(Menu Option 1s)

**WEEK
1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Creamy Mac & Cheese (v) Skin on Wedges (v) Chopped Mixed Salad (vg)	Traditional All-Day Breakfast (Pork Sausage, Hash Brown, Baked Beans, Omelette)	Pepperoni Pizza Slice Seasoned Wedges (vg) Cucumber & Carrot Sticks (vg)	Chinese Style Sweet & Sour Chicken Wholemeal Rice (v)	Crispy Fish Finger or Salmon Bites Chips (vg) Baked Beans (vg)
Main Course	Rich Ragu with Penne Pasta (v) Skin on Wedges (v) Chopped Mixed Salad (vg)	Traditional All-Day Breakfast (v) (Quorn Sausage, Hash Brown, Baked Beans, Omelette)	Margherita Pizza Slice (v) Seasoned Wedges (vg) Cucumber & Carrot Sticks (vg)	Classic Quorn Hot Dog in a Bun (v) Skin on Wedges (v) Baked Beans (vg)	Crispy Goujons with BBQ Dip (v) Chips (vg) Baked Beans (vg)
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.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Iced Shortbread Finger (v)	Peaches in Jelly with Ice Cream (v)	Sticky Orange Sponge with Custard (v)	Frozen Yoghurt (v)	Fruity Flapjack (v)

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



WEEK 1	WEEK 2	WEEK 3
	3 Mar 25	10 Mar 25
17 Mar 25	24 Mar 25	31 Mar 25
7 Apr 25	28 Apr 25	5 May 25
12 May 25	19 May 25	2 Jun 25
9 June 25	16 June 25	23 Jun 25
30 June 25	7 July 25	14 July 25

Menus are subject to availability (v)suitable for vegetarians (vg)vegan diets

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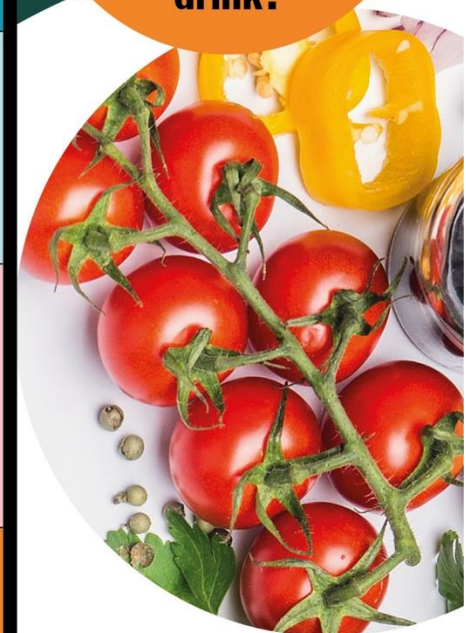
FEBRUARY – JULY

(Menu Option 1s)

**WEEK
2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Classic Pasta Pomodoro (v) Potato Wedges (v)	Crispy Nacho Chicken Wrap Skin on Wedges (v) Chopped Mixed Salad (vg)	Margherita Pizza Slice (v) Homemade Coleslaw (v) Potato Salad (v)	Oven Roast Honey Gammon with Pease Pudding Stottie Skin on Roast Potatoes (v)	Crispy Breaded Fish Chips (vg) Baked Beans (vg)
Main Course	Oven Baked Cauliflower Cheese Loaded Yorkshire Pudding (v) Potato Wedges (v)	Crispy Nacho Quorn Wrap (v) Skin on Wedges (v) Chopped Mixed Salad (vg)	Mexican Style Enchilada (v) Homemade Coleslaw (v) Potato Salad (v)	Asian Style Teriyaki Noodles (v)	Classic Spanish Omelette (v) Chips (vg) Baked Beans (vg)
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.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Chocolate Brownie (v)	Strawberry Mousse (v)	Lemon & Coconut Cookie (v)	Frozen Yoghurt (v)	Fruity Friday (v)

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**WEEK
3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Melting Quorn Meatball Sub with BBQ Sauce (v) Potato Wedges (v)	Classic Chicken Katsu Curry Steamed Mixed Rice (vg)	American Style Stack Beef Burger Homemade Coleslaw (v) Baked Beans (vg)	Traditional Oven Roast Chicken Sage & Onion Stuffing (v) Roast Potatoes (v)	Golden Battered Fish Fillet Chips (vg) Baked Beans (vg)
Main Course	Rich Spaghetti Napoli (v) Potato Wedges (v)	Classic Quorn Katsu Curry (v) Steamed Mixed Rice (vg)	American Style Quorn Stack Burger (v) Homemade Coleslaw (v) Baked Beans (vg)	Traditional Oven Roast Quorn Sage & Onion Stuffing (v) Roast Potatoes (v)	Roasted Rainbow Pizza (v) Chips (vg) Baked Beans (vg)
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.					
Dessert (Fresh Fruit, Yoghurt, Cheese & Biscuits)	Chocolate Muffin (v)	Oaty Cookie (v)	Jam Sponge with Custard (v)	Frozen Yoghurt (v)	Iced Shortbread Finger (v)

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