



LOUGHBOROUGH Amherst School



Refectory Menu

Week Commencing Monday 05 June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Stop	Freshly made soup available daily served with fresh bread, baked croutons, pumpkin seeds, & sunflower seeds				
Favourite Fayre	Freshly prepared pizzas with various toppings and served with a slice of garlic bread	<u>'You Choose' Tuesday 8SDU's Menu</u> Chicken Korma served with pickles, naan bread and mini poppadom Vegetable Samosa	Roasted beef top rump, served with Yorkshire pudding & gravy Salmon chunks in a creamy sauce served with tagliatelle	Fajitas with chicken, peppers, guacamole, salsa & Sour cream Macaroni Cheese	Breaded fish fingers or freshly battered Haddock served with lemon wedges
Plant Plates	Roast summer vegetables with chickpeas	Vegetable Korma served with pickles, naan bread and mini poppadom	Butternut, red pepper and mixed bean taco with barbecue sweetcorn & guacamole	Proper vegan Cornish Pasty served with gravy	Vegan Mushroom Stroganoff
Sides	Potato Wedges, Baked Steamed Kale Sweetcorn	Steamed Rice Broccoli Florets Baked Beans	Roast Potatoes Roast Parsnips Baton Carrots	Steamed New Potatoes Cauliflower Florets Green Beans	Chunky Chips Garden peas Spaghetti Rings
Salad Days	Your choice of freshly prepared salad items to pick and mix from, including mixed leaf lettuce with grated carrot, tomatoes, cucumber, red onion, peppers, sweetcorn and beetroot Protein items to accompany your salad will include sliced ham, chicken, boiled egg, grated cheese, tuna mayonnaise, mackerel				
Sweet Treat	Summer fruit crumble served with cream	<u>8SDU Chose:</u> Belgian Waffle served with Ice Cream	Lemon Meringue Pie	Pain au chocolat & cherry bread pudding served with custard	Banana slices on toffee and biscuit layers, topped with cream
Everyday	A selection of cut & whole fruit, yogurts, Frubes, cheese & crackers, Soreen malt loaves, and milk				

All of our 'Free From' dishes are made with allergen free ingredients, please refer to our food policy for more information.



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Lighter Bites Menu

Week Commencing Monday 05 June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Soup Stop</i>	Freshly made soup available daily served with fresh bread, baked croutons, pumpkin seeds, & sunflower seeds				
<i>Salad Days</i>	Your choice of freshly prepared salad items to pick and mix from, including mixed leaf lettuce with grated carrot, tomatoes, cucumber, red onion, peppers, sweetcorn and beetroot Protein items to accompany your salad will include sliced ham, chicken, boiled egg, grated cheese, tuna mayonnaise, mackerel				
<i>The Lighter Side</i>	Penne pasta served with the chefs daily special topping and grated cheese	Baked jacket potato with baked beans or the chefs daily special topping and grated cheese	Penne pasta served with the chefs daily special topping and grated cheese	Baked jacket potato with baked beans or the chefs daily special topping and grated cheese	Penne pasta served with the chefs daily special topping and grated cheese
<i>Sweet Treat</i>	Summer fruit crumble served with cream	<u>8SDU Chose:</u> Belgian Waffle served with Ice Cream	Lemon Meringue Pie	Pain au chocolat & cherry bread pudding served with custard	Banana slices on toffee and biscuit layers, topped with cream
<i>Everyday</i>	Selection of cut & whole fruit, bread, yogurts, Frubes, cheese & crackers, Sreen bars, and milk				

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