



LOUGHBOROUGH

Amherst School

Refectory Menu

Week Commencing Monday 22 January 2024

	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>Favourite Fayre</i>	Beefburger served in a Pretzel bun with fresh slaw Vegetable Chilli served with tortilla chips	Chicken braised in a spicy paprika flavoured sauce Chef's Quiche of the Week!	Roast beef served with Yorkshire pudding & gravy Tuna & Sweetcorn Burgers with salsa	Chicken or Quorn pieces cooked in a tangy sweet & sour sauce, served with prawn crackers	Breaded fish fingers or freshly battered Haddock served with lemon wedges
<i>Plant Plates</i>	Plant based burger served in a Brioche style bun with tomato salsa	Vegan Cottage Pie with sweet potato topping	Wild Mushroom Carbonara	Squash & Spinach fusilli	A selection of small savory Indian snacks
<i>Sides</i>	Baked Potato Wedges Roasted Butternut Squash Garden Peas	Steamed New Potatoes Broccoli Sweetcorn	Roasted Potatoes Baton Carrots Roasted Parsnips	Steamed Rice Cauliflower florets Swede	Thin Potato Fries Mushy Peas Spaghetti Rings
<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>Sweet Treat</i>	Summer fruit crumble served with custard	French apple tart served with Cream	Strawberry cheesecake	Syrup sponge served with custard	Eton Mess Meringue pieces with cream & raspberries
<i>Everyday</i>	Selection of cut & whole fruit, bread, yogurts, cheese & crackers, Soreen bars, and milk				

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



LOUGHBOROUGH Amherst School

Lighter Bites Menu

Week Commencing Monday 22 January 2024

	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 custard	French apple tart served with Cream	Strawberry cheesecake	Syrup sponge served with custard	Eton Mess Meringue pieces with cream & raspberries
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