



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 29 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>	Chicken Enchiladas served with Guacamole and soured cream Chef's Quiche of the week!	Beef meatballs or Swedish style Quorn balls in a tomato & oregano ragu served with garlic & parsley bites	Roast chicken breast served with sage & onion stuffing Roasted root vegetable parcel	Beef lasagne or vegetable lasagne served with garlic bread	Breaded fish fingers or freshly battered Haddock served with lemon wedges
<i>Plant Plates</i>	Quorn Enchiladas served with Guacamole and soured cream	Tofu Scramble	Fennel & Lemon Risotto	Butternut Chili tacos	Naan Bread Vegetable Pizza
<i>Sides</i>	Steamed Mexican Rice Kale & Spinach Sweetcorn	Mashed Potatoes Butternut Squash Green Beans	Roast Potatoes Cauliflower Florets Baton Carrots	Steamed New Potatoes Broccoli Florets Diced Swede	Chunky Chips Garden 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>	Peach & Raspberry Clafoutis served with Vanilla Ice Cream	Apple & Strawberry Crumble served with cream	Traditional cornflake tart served with custard	Marbled Chocolate Sponge serve with Chocolate Sauce	Key Lime Pie served with cream
<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 29 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>	Peach & Raspberry Clafoutis served with Vanilla Ice Cream	Apple & Strawberry Crumble served with cream	Traditional cornflake tart served with custard	Marbled Chocolate Sponge serve with Chocolate Sauce	Key Lime Pie served with cream
<i>Everyday</i>	Selection of cut & whole fruit, bread, yogurts, cheese & crackers, Soreen bars, and milk				

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