



# LOUGHBOROUGH Amherst School

## Refectory Menu

Week Commencing Monday 01 July 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>	Beef Burgers with Red Cabbage Slaw  Chef's Quiche of the week	<u><i>Choosy Tuesday!</i></u> <i>10WI chose:</i> Nando's Style Chicken Wrap  Nando's style Halloumi Wrap	Breaded fish fingers or freshly battered Haddock served with lemon wedges	<b>Senior Activity Day!</b>	<b>Term ends at 12 Noon!</b>
<i>Plant Plates</i>	'Chicken Style' Plant burger in a bun with vegan slaw	Vegetable Chilli served with Tortilla Chips	Roasted & stuffed peppers	Thank you from all the catering team at Amherst ...	... we hope you have enjoyed all of this year's lunches ...
<i>Sides</i>	Sauté Potatoes Kale & Spinach Sweetcorn	Baked Potato Wedges Broccoli Florets Baton Carrots	Chunky Chips Garden peas Spaghetti Rings	... and we hope you have a wonderful summer!	
<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>	Apple & Strawberry Crumble served with cream	<i>10WI chose:</i> Iced Ring Doughnuts	A Selection of delicious desserts to choose from	<b>Happy</b>	<b>Holidays!</b>
<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

## Lite Bites Menu

Week Commencing Monday 01 July 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	<b>Senior Activity Day!</b>	<b>Term ends at 12 Noon!</b>
<i>Sweet Treat</i>	Apple & Strawberry Crumble served with cream	<i>10WI chose:</i> Iced Ring Doughnuts	A Selection of delicious desserts to choose from	Happy	Holidays!
<i>Everyday</i>	Selection of cut & whole fruit, bread, yogurts, cheese & crackers, Soreen bars, and milk				

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