



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 07 October 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>	<i>Succulent butcher's pork sausages served with onion gravy</i> Mushroom & vegetable stew	Chicken & broccoli pasta bake Steamed bao buns with spicy cauliflower filling	Roast beef slices served with Yorkshire pudding, horseradish sauce & gravy Quiche of the week!	Chicken tikka masala or vegetable korma served with naan bread, onion bhaji and raita dip	Breaded fish fingers or freshly battered Haddock served with lemon wedges
<i>Plant Plates</i>	<i>Best of British Quorn sausages served with onion gravy</i>	Vegan Katsu Curry with steamed rice & naan bread	Vegan Lentil & Sweet Potato Cottage Pie	Vegetable filo pastry parcels	Vegan grilled Tofu with Teriyaki sauce
<i>Sides</i>	Mashed Potato Broccoli Florets Diced Swede	Potato Wedges Cauliflower Florets Green Beans	Roast Potatoes Roast Parsnips Baton Carrots	Steamed Rice Kale & Spinach Leaves Sweetcorn	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>	Cherry & Peach Crumble served with custard	Star anise & cinnamon infused rice pudding served with fruit jam	Chocolate Bread & Butter Pudding with cream	Banana slices on a bed of toffee and biscuit layers, topped with whipped cream	Carrot cake with a delicious cream cheese topping
<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.



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Lite Bites Menu

Week Commencing Monday 07 October 2024

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<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>	Cherry & Peach Crumble served with custard	Star anise & cinnamon infused rice pudding served with fruit jam	Chocolate Bread & Butter Pudding with cream	Banana slices on a bed of toffee and biscuit layers, topped with whipped cream	Carrot cake with a delicious cream cheese topping
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