

LOUGHBOROUGH

Amherst School

Meal Options

If you choose a Main Meal, Pasta, Baked

Potato, Salad or a RED sandwich ...











... then take

2

additional item(s) from the list below:

Or, if you choose a **BLUE** sandwich ...



... then take

3 additional item(s) from the list below:

Dessert of the day (If
Possible) <u>or</u> Jelly / Whirl
Protein pot (Ham, Cheese...)
Side salad
Vegetable sticks with dip
Whole Fruit

Sliced fruit
Yogurt pot or Frube(s)
Bottle of Milk
Cheese & Crackers
Soreen Malt Loaf Bar
Soup

Please help yourself to bread with your lunch, it does not count as one of your meal choices!