



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 23 June 2025

	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 fillet in a creamy Tuscan sauce Gnocchi baked in a spicy tomato sauce	<u><i>Sports Day Barbecue</i></u> Beef burger or pork sausage hot dog served with onions and sliced cheese	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>	Vegetable Spring Rolls	Veggie burger or Quorn sausage hot dog served with onions	Vegan Katsu Curry with steamed rice & naan bread	Quorn fillet and vegetable stir-fry	Vegetable Samosa
<i>Sides</i>	Steamed New Potatoes Kale & Spinach Mix Sweetcorn	Packet of crisps Carton of juice	Roast Potatoes Roast Parsnips Baton Carrots	Steamed Rice Broccoli Florets Mixed Vegetables	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	Cookie Yogurt Tube Piece of fruit	Cranachan rice pudding with blueberries and sweet oat topping	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 in the same environment where dishes containing allergens are also made.



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Lite Bites Menu

Week Commencing Monday 23 June 2025

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<i>Soup Stop</i>	Freshly made soup available daily served with fresh bread, baked croutons, pumpkin seeds, & sunflower seeds				
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<i>The Lighter Side</i>	Penne pasta served with the chefs daily special topping and grated cheese	Barbecue at Quorn for Sports Day	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	Cookie Yogurt Tube Piece of fruit	Cranachan rice pudding with blueberries and sweet oat topping	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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