



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 28 April 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>	Welcome Back!	Pork Meatballs in a tomato sauce served with Garlic Bread Chef's Quiche of the week	Roast Chicken fillet served with sage & onion stuffing Creamy fish pie with a mashed potato topping	Beef Masala served with mini poppadum, cucumber & onion salad, mango chutney & lime pickle Macaroni Cheese	Breaded fish fingers or freshly battered Haddock served with lemon wedges
<i>Plant Plates</i>		Balls of Quorn in a tomato sauce served with Garlic Bread	Roasted & stuffed peppers	Vegan tofu curry served with mini poppadum, cucumber & onion salad & pickles	Vegetable & chickpea Moussaka
<i>Sides</i>		Baked Potato Wedges Broccoli Florets Baton Carrots	Roasted Potatoes Baked Butternut Squash Green Beans	Steamed Rice Mixed Vegetables Shredded Savoy Cabbage	Chunky Chips Mushy 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>		Strawberry & rhubarb crumble served with cream	Eton Mess Raspberries with cream and broken meringue pieces	Pain au chocolat bread & butter pudding served with custard	Oreo Cheesecake 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

Lite Bites Menu

Week Commencing Monday 28 April 2025

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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>	Welcome Back!	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>		Strawberry & rhubarb crumble served with cream	Eton Mess Raspberries with cream and broken meringue pieces	Pain au chocolat bread & butter pudding served with custard	Oreo Cheesecake served with cream
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