



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 09 December 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>	Chicken Nuggets or vegetable nuggets served with baked beans	Beef or Quorn fajitas served with wedges of lime, shredded lettuce and natural yogurt	Breaded fish fingers or freshly battered Haddock served with lemon wedges	<u>Christmas Lunch in the Cloister</u> Roast Turkey with pork pigs in blankets and pork stuffing balls	Happy Christmas!
<i>Plant Plates</i>	Vegan gnocchi with creamy autumn vegetables	Sweet potato falafel & cauliflower bowl	Mushroom Stroganoff	Butternut Squash, Beetroot & Feta Cheese tart with Quorn sausage and stuffing	
<i>Sides</i>	Baked potato wedges Kale & Spinach Carrot & Swede Mash	Steamed New Potatoes Cauliflower Florets Green Beans	Thin Potato Fries Garden Peas Spaghetti Rings	Roast Potatoes Baton Carrots Brussel Sprouts	Term ends at 12 noon
<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 & raspberry crumble served with cream	Cornflake tart served with custard	Strawberry cheesecake	Chocolate Ice Cream Tree (Prep) Chocolate Fudge Log or Christmas Pudding	
<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 09 December 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	<u><i>Christmas Lunch in the Cloister</i></u> <i>(See Refectory Menu)</i>	Happy Christmas!
<i>Sweet Treat</i>	Apple & raspberry crumble served with cream	Cornflake tart served with custard	Strawberry cheesecake		Term ends at 12 Noon
<i>Everyday</i>	Selection of cut & whole fruit, bread, yogurts, cheese & crackers, Soreen bars, and milk				

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