



LOUGHBOROUGH Amherst School

Refectory Menu

Week Commencing Monday 04 November 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>	Beef Burgers with Red Cabbage Slaw Chunky vegetable & red lentil ragu	Pork Meatballs in a tomato sauce served with Garlic Bread Chef's Quiche of the week	Roasted chicken breast 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>	'Chicken Style' Plant burger in a bun with vegan slaw	Balls of Quorn in a tomato sauce served with Garlic Bread	Roasted & stuffed peppers	Vegan tofu curry served with naan bread	Vegetable & chickpea Moussaka
<i>Sides</i>	Baked Potato Wedges Kale & Spinach Sweetcorn	Steamed Potatoes Broccoli Florets Baton Carrots	Roasted Potatoes Baked Butternut Squash Green Beans	Steamed Rice Cauliflower Florets 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>	Pear & blueberry crumble served with custard	Raspberry Swirl cheesecake served with cream	Syrup sponge served with custard	Blackberry & mango meringue nest	Strawberry & rhubarb cobbler 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

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<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
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