

# ASK Amherst School Kitchen

Weeks commencing: 7 January - 28 January



**M**  
Main



**V**  
Veggie

**P**  
Pasta



**J**  
Jacket

**S**  
Side

**D**  
Dessert



## MONDAY

Mild Turkey Curry

Quorn Curry

Pasta with a Choice of Toppings

Jacket Potato with a Choice of Toppings

Rice  
Broccoli  
Beans

Flapjack

## TUESDAY

Chicken & Veg Pie  
Gravy  
(1,7,9)

Quorn & Veg Pie  
Gravy  
(1,7,9)

Pasta with a Choice of Toppings  
(1,4,9)

Jacket Potato with a Choice of Toppings

Mash  
Peas and Carrots  
Gravy

Chocolate Brownie  
(1,7)

## WEDNESDAY

Roast Pork  
Apple Sauce

Cauliflower Cheese  
(1,9,11)

Pasta with a Choice of Toppings  
(1,4,9)

Jacket Potato with a Choice of Toppings

Roast potatoes  
Cabbage, Cauliflower  
Stuffing (1)  
Gravy (10)

Rice Pudding & Pears (9)

## THURSDAY

Beef Meatballs & Spaghetti in Tomato & Basil Sauce  
(1,8)

Roasted Veg Risotto

Pasta with a Choice of Toppings  
(1,4,9)

Jacket Potato with a Choice of Toppings

Peas  
Sweetcorn

Sponge Slice  
(1,7,9)

## FRIDAY

Salmon Fish Fingers  
(1,4)

Vegetable Quiche  
(1,7,9,11)

Pasta with a Choice of Toppings  
(1,4,9)

Jacket Potato with a Choice of Toppings

Chips  
Beans or Spaghetti Hoops  
(1)

Ice Cream Pots  
(9)

**AVAILABLE DAILY – FRESH SALAD BAR – HOMEMADE BREAD – YOGHURT – FRESH FRUIT POTS**

All our food is prepared in a kitchen where gluten and other allergens are present and our menu descriptions do not include all ingredients. If you have a food allergy, please let us know. Full allergen information is available on request.

**TOPPINGS – TUNA – CHEESE – HOMEMADE TOMATO SAUCE – BEANS**

### ALLERGEN KEY

1 Cereals containing gluten  
2 Crustaceans  
3 Molluscs

4 Fish  
5 Peanuts  
6 Nuts

7 Eggs  
8 Soybeans  
9 Milk

10 Celery  
11 Mustard  
12 Lupin

13 Sesame  
14 Sulphur Dioxide