

# ASK Amherst School Kitchen

Weeks commencing: 14 January - 4 February



**M**  
Main



**V**  
Veggie

**P**  
Pasta



**J**  
Jacket

**S**  
Side



**D**  
Dessert

## MONDAY

Pasta Bolognese  
(1)

Vegetable  
Bolognese  
(1)

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

Jacket Potato with a  
Choice of Toppings

Garlic Bread (1)  
Carrots  
Broccoli

Lemon Drizzle Cake  
(1,7,9)

## TUESDAY

Toad in Hole  
(1,7,9)

Veggie Hole  
(1,7)

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

Jacket Potato with a  
Choice of Toppings

Boiled Potatoes  
Beans  
Cauliflower  
Gravy (10)

Oat Cookie  
(1,7)

## WEDNESDAY

Roast Beef & Gravy  
Yorkshire Pudding  
(1,7,9,10)

Aussie Pie  
(1,7,9,11)

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

Jacket Potato with a  
Choice of Toppings

Roast Potato  
Roast Butternut Squash  
Cabbage

Fruit Goodie and  
Custard (1,9)

## THURSDAY

Sticky Chicken  
(1)

Roasted Veg Risotto

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

Jacket Potato with a  
Choice of Toppings

Rice  
Sweetcorn  
Peas

Madeira Cake  
(1,7,9)

## FRIDAY

Chicken Goujons  
(1)

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)

Melting Moment  
Cookie (1)

**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 Molluscus

4 Fish  
5 Peanuts  
6 Nuts

7 Eggs  
8 Soybeans  
9 Milk

10 Celery  
11 Mustard  
12 Lupin

13 Sesame  
14 Sulphur Dioxide