

ASK Amherst School Kitchen

Weeks commencing: 21 January - 11 February



M
Main



V
Veggie

P
Pasta



J
Jacket

S
Side

D
Dessert



MONDAY

Pork Sausage
(1,14)

Macaroni Cheese
(1,9,11)

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

Jacket Potato with a Choice of Toppings

Mash
Peas
Gravy
(10)

Iced Sponge
(1,7,11)

TUESDAY

Lasagne
(1,7,9,11)

Quorn Lasagne
(1,7,8,9,11)

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

Jacket Potato with a Choice of Toppings

Broccoli
Grilled Tomatoes
Garlic Bread

Shortbread
(1)

WEDNESDAY

Roast Chicken
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
Carrots, Stuffing
Mashed Suede

Chocolate sponge & chocolate sauce
(1,7,9)

THURSDAY

Cottage Pie
(9)

Quorn Pie
(8,9)

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

Jacket Potato with a Choice of Toppings

Cauliflower
Green Beans
Gravy (10)

Oak Cookie
(1,7)

FRIDAY

Breaded Fish Fillet
(1,4)

Veggie Wraps
(1,9)

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

Jacket Potato with a Choice of Toppings

Chips
Bean or Spaghetti Hoops
(1)

Strawberry Mousse
(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 Molluscus

4 Fish
5 Peanuts
6 Nuts

7 Eggs
8 Soybeans
9 Milk

10 Celery
11 Mustard
12 Lupin

13 Sesame
14 Sulphur Dioxide