

ASK Amherst School Kitchen

Weeks commencing: 28 Oct 18 Nov 9 Dec 13 Jan 3 Feb 2 Mar 23 Mar



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MONDAY



Mild Turkey Curry
(1)



Quorn Curry
(7,8)



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



Jacket Potato with a Choice of Toppings



Rice
Broccoli
Beans



Flapjack

TUESDAY

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

Quorn & Veg Pie
Gravy
(1,7,8,9)

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 & Gravy
Apple Sauce
(10)

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)

Rice Pudding & Pears (9)

THURSDAY

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

Roasted Veg Risotto
(9)

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 Molluscus

4 Fish
5 Peanuts
6 Nuts

7 Eggs
8 Soybeans
9 Milk

10 Celery
11 Mustard
12 Lupin

13 Sesame
14 Sulphar Dioxide



ASK Amherst School Kitchen

Weeks commencing: 4 Nov 25 Nov 16 Dec 20 Jan 10 Feb 9 Mar 30 Mar



M

MONDAY



Pasta Bolognaise
(1)



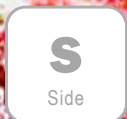
Vegetable Bolognaise
(1)



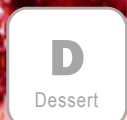
Pasta with a Choice of Toppings
(1,4,9)



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
(1,7,8)

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
(9)

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)

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ALLERGEN KEY

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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



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ASK Amherst School Kitchen

Weeks commencing: 11 Nov 2 Dec 7 Jan 27 Jan 24 Feb 16 Mar



M

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N

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MONDAY



Pork Sausage
(1,14)



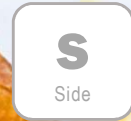
Macaroni Cheese
(1,9,11)



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



Jacket Potato with a Choice of Toppings



Mash
Peas
Gravy
(10)



Iced Sponge
(1,7,9)

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
(1)

Shortbread
(1)

WEDNESDAY

Roast Chicken & Gravy
Apple Sauce
(10)

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
(1)

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)

Oat 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

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