

ASK Amherst School Kitchen

1
Week

Weeks commencing: **2 Sep** **21 Sep** **12 Oct** **9 Nov** **30 Nov**

M

E

N

U

M
Main

V
Veggie

P
Pasta

B
Baguette

S
Side

D
Dessert

MONDAY

(2 Sep Menu)

Pasta Bolognaise
(1)

Vegetable Bolognaise
(1,7,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Peas & Sweetcorn

Lemon Drizzle Cake
(1,7,9)

TUESDAY

Chicken Supreme &
Rice
(1,9,11)

Quorn Supreme &
Rice
(1,7,9,11)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Broccoli

Shortbread
(1)

WEDNESDAY

Roast Gammon &
Roast Potatoes
(Gravy 10)

Cauliflower Cheese
(1,9,11)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Carrots & Cauliflower

Rice Pudding
(9)

THURSDAY

Beef Chow Mein
(1,7)

Vegetable Chow Mein
(1,7)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Prawn crackers
(2)

Oat cookie
(1,7)

FRIDAY

Hot Dog & Fries
(1,9)

Vegetarian Hot Dog
(1,7,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a choice
of fillings
(1)

Baked Beans or
Spaghetti Hoops
(1)

Ice Cream Pots
(9)

**GLUTEN FREE PASTA & DAIRY FREE BAGUETTES
AVAILABLE DAILY - HOMEMADE BREAD - YOGHURT**

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.

**PASTA TOPPINGS - TUNA - CHEESE - HOMEMADE TOMATO SAUCE - (4,9)
BAGUETTE FILLINGS - TUNA - CHEESE - EGG MAYONNAISE - (4,7)**

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



ASK Amherst School Kitchen

2
Week

Weeks commencing: 7 Sep 28 Sep 19 Oct 16 Nov 7 Dec

M

M
Main

E

V
Veggie

P
Pasta

N

B
Baguette

S
Side

D
Dessert

U



MONDAY

Pepperoni Pizza
(1,7,9)

Margarita pizza
(1,7,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Coleslaw & Salad
(7,9)

Sponge Slice
(1,7,9)

TUESDAY

Beef Lasagne
(1,7,11)

Vegetable Lasagne
(1,7)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Broccoli

Oat Cookie
(1,7)

WEDNESDAY

Roast Turkey &
Roast Potatoes
(Gravy 10)

Cauliflower Cheese
(1,9,11)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Carrots
Green Beans

Ice cream Pots
(9)

THURSDAY

Homemade sausage
roll & saute potatoes
(1,7,9)

Vegetable Puff
(1,7,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Peas & Sweetcorn

Melting Moment Biscuit
(1)

FRIDAY

Chicken Goujons &
Thin Fries
(1)

Quorn Goujons
(7)

Pasta with a Choice of
Toppings
(1)

Baguette with a choice
of fillings
(1)

Baked Beans or
Spaghetti Hoops
(1)

Strawberry Mousse
(9)

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ASK Amherst School Kitchen



Weeks commencing: 14 Sep 5 Oct 2 Nov 23 Nov 14 Dec

M

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Main

E

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Veggie

P
Pasta

N

B
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Side

D
Dessert

MONDAY

Chicken Fajitas
(1)

Vegetable Fajitas
(1,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Sweetcorn

Iced Sponge
(1,7,9)

TUESDAY

Macaroni Cheese &
Ham
(1,9,11)

Macaroni Cheese
(1,9,11)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Tomato & Pepper
Salad

Shortbread
(1)

WEDNESDAY

Roast Chicken &
Roast Potatoes
(Gravy 10)

Crispy Topped
Vegetarian Pie
(9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Carrots
Broccoli

Fruit Goodie & Custard
(1,9)

THURSDAY

Sticky Chicken with
Rice
(1)

Sticky Vegetarian
"Chicken" with Rice
(9)

Pasta with a Choice of
Toppings
(1)

Baguette with a
choice of fillings
(1)

Peas & Sweetcorn

Madeira Cake
(1,7,9)

FRIDAY

100% Cod Fish Fillet &
Chips
(1,4)

Vegetable Quiche
(1,7,9)

Pasta with a Choice of
Toppings
(1)

Baguette with a choice
of fillings
(1)

Peas

Flapjack
(1)

GLUTEN FREE PASTA & DAIRY FREE BAGUETTES AVAILABLE

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