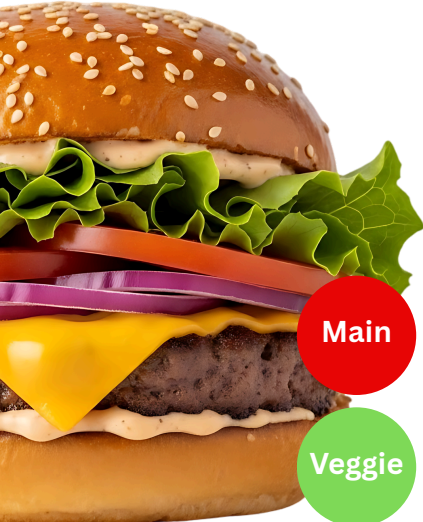


# ASK Amherst School Kitchen

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- Main
- Veggie
- VG DF Pasta
- VG DF Bread
- VG DF GF Potato
- Side
- Dessert

## WEEK beginning:

- 20 April
- 11 May
- 8 June
- 29 June
- 20 July
- 3 Sep
- 21 Sep
- 12 Oct

### MONDAY

**Beef Burger in a bun**  
(1,8,13,14) GF DF

**Veggie Burger in a bun** (1,13) GF DF

**Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Fresh Salad**  
Saute Potatoes  
Sweetcorn / Ketchup  
Coleslaw (7)

**Fresh Fruit**  
Yoghurt / Jelly  
Cheese Biscuits  
(1, 9)

### TUESDAY

**Macaroni Cheese**  
(1,9) GF DF

**Macaroni Cheese**  
(1,9) GF DF

**Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Fresh Salad**  
Peas  
Coleslaw (7)

**Marble Shortbread**  
(1) GF

### WEDNESDAY

**Roast Turkey, Yorkshire Pudding**  
(1,7,9) GF

**Roasted Vegetable Slice** (1) DF

**Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Gravy Roast Potatoes**  
Carrots  
Green Beans  
Coleslaw (7)

**Apricot Crumble** (1)  
Custard (9)

### THURSDAY

**Sticky Chicken Drumstick** (8)  
GF DF

**Quorn Fillet in Tomato Sauce** (1)

**Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Vegetable Rice**  
Coleslaw (7)

**Iced Ginger Cake** (1,7)  
GF

### FRIDAY

**Fish Fillet** (1,4)  
GF

**Vegetable Quiche**  
(1,7,9)

**Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Chips**  
Baked Beans  
Coleslaw (7)

**Ice Lolly**

AVAILABLE DAILY: FRESH FRUIT / BREAD / WATER / SALAD

- VG Vegan option available
- VG **Puddings:** Yoghurt (9), Fruit available
- GF Gluten Free option available
- GF **Puddings:** Fruit, Jelly, Yoghurt available
- DF Dairy Free option available

ALLERGEN KEY

- 1 Contains 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

## OUR KITCHEN

All our food is prepared in our own fantastic kitchen, cooked fresh every day subject to availability. If you need; full ingredient lists & allergen information is available on request. We are a nut free school, however some products are subject to "may contain" status in manufacturing.



Main

Veggie

Pasta

VG

DF

GF

Bread

VG

DF

GF

Potato

VG

DF

GF

Side

Dessert

## WEEK beginning:

27 April  
18 May  
15 June  
6 July  
7 Sep  
28 Sep  
19 Oct

### MONDAY

**Hot Dog in a bun** (1,8,13) GF

**Vegan Sausage in a bun** (1,8,13) GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Saute Potatoes**  
Sweetcorn / Ketchup  
Coleslaw (7)

**Ginger Cookie** (1)

GF

### TUESDAY

**Chicken Fajita** (1) GF

**Veggie Fajita** (1) GF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Mixed Vegetable**  
Rice GF DF  
Coleslaw (7)

**Fresh Fruit**  
**Yoghurt / Jelly**  
**Cheese & Biscuits** (1, 9)

### WEDNESDAY

**Roast Pork, Yorkshire Pudding** (1,7,9)

**Stuffed Mushroom** GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Roast Potatoes**  
Gravy / Carrots  
Peas / Coleslaw (7)

**Apple Sponge** (1,9)

**Custard** (9)

GF

### THURSDAY

**Beef Pasta Bolognese** (1) GF

**Quorn Mince** (7) GF  
**Pasta Bolognese** (1)

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Wholewheat Pasta** (1) GF  
**Broccoli**  
**Coleslaw** (7)

**Sultana Cookie** (1)

GF

### FRIDAY

**Fish Fingers** (1,4)

**Cheese & Tomato Panini** (1,9) GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Chips**  
**Baked Beans**  
**Coleslaw** (7)

**Lemon Muffin** (1,7)

GF

AVAILABLE DAILY: FRESH FRUIT / BREAD / WATER / SALAD

VG

Vegan option available

VG

**Puddings:** Yoghurt (9), Fruit available

GF

Gluten Free option available

GF

**Puddings:** Fruit, Jelly, Yoghurt available

DF

Dairy Free option available

### ALLERGEN KEY

1 Contains 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

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# ASK Amherst School Kitchen

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Main

Veggie

Pasta

Bread

Potato

Side

Dessert

## WEEK beginning:

5 May  
2 June  
22 June  
13 July  
14 Sep  
5 Oct

### MONDAY

**Ham and Cheese Pizza** (1,9,13)

GF DF

**Cheese & Tomato Pizza** (1,9,13)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Salad**

Coleslaw (7)

**Ice Cream & Strawberry Sauce** (9)

### TUESDAY

**Beef Lasagna** (1,8,9,11)

GF DF

**Vegetable Lasagna** (1,9)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Peas**

Coleslaw (7)

**Fruity Jelly**

### WEDNESDAY

**Roast Gammon, Yorkshire Pudding** (1,7,9)

GF

**Crunchy Vegetable Crumble** (1,9)

DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Roast Potatoes Carrots / Broccoli Gravy / Coleslaw** (7)

**Jam Sponge (1,7) Custard** (9)

GF

### THURSDAY

**Chicken Cacciatore**

GF

**Quorn Fillet Cacciatore** (1)

GF DF

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Baguette** (1,13)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Wholewheat**

**Pasta** (1)  
Sweetcorn  
Coleslaw (7)

GF

**Fresh Fruit Yoghurt / Jelly / Cheese Biscuits** (1,9)

### FRIDAY

**Fish Fingers** (1,4)

GF

**Mozzarella Sticks** (1,9)

**Pasta** (1)

Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)

**Wrap** (1)

Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham

**Jacket Potato**

Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans

**Chips**

**Baked Beans Coleslaw** (7)

**Carrot Cake Muffin** (1,7)

GF

AVAILABLE DAILY: FRESH FRUIT / BREAD / WATER / SALAD

- VG** Vegan option available
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- GF** **Puddings:** Fruit, Jelly, Yoghurt available
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