



AYSGARTH SCHOOL

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Omelettes & baked beans	Hash browns & sausages	Smoked salmon & cream cheese bagels	Waffles with berries & natural yoghurt	Poached eggs, hollandaise, toasted muffin	Pan au chocolate Fruit smoothie	Fried eggs, bacon, mushrooms, beans, hash browns
	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs	Cereals, fresh fruit, yoghurts, Fruit juice, jam, honey, toast, porridge, granola, dried fruits, boiled eggs
Lunch							
Main	Chicken Rogan josh Poppadom	Pasta Bolognese Garlic bread	Roast beef & Yorkshire pudding	Chicken & Pizziola	Baked fish fillets, fish fingers, fillets of salmon Chips, curry sauce	Steak & ale pie	Roast tray-bake chicken
Vegetarian	Quorn Rogan josh	Quorn Bolognese	Quorn roast	Quorn Pizzaiola	Chef choice	Chef choice	Quorn roast
Carbohydrate Vegetables	Turmeric scented rice Broccoli florets	Broccoli & sweetcorn	Roast potatoes Batton carrots, cabbage & broccoli	Couscous with roasted vegetables	Chips Garden & mushy peas	New potatoes, green beans & broccoli	Thyme, rosemary & garlic roasted potato, Tri colour carrots & cauliflower cheese
	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Pudding	Pears & chocolate sauce	Apple & cinnamon crumble with cream	Biscoff cheesecake	Eton mess	Fruit salad	Ice-cream pots	Carrot cake with frosted topping
Salad Bar	Tuna, Egg, Cheese, Mixed leaf, Carrot, Beetroot, Pickled onions, assorted pasta, Coleslaw, Cherry tomatoes, Cucumber, Olives, Potato salad, Couscous.						
Evening							
Main	Giant Fish finger wraps Homemade coleslaw crushed garden peas	Sweet & sour chicken, prawn crackers, egg fried rice	Pizza night, corn on the cob	Beef taco, sour cream & guacamole, grate cheddar	BBQ pulled pork baguette Corn on the cob	Grilled gammon steak with pineapple, herb diced potato's	Scampi with sweet potato fries
Vegetarian	Chef pasta dish	Chef pasta dish	Chef pasta dish	Chef pasta dish	BBQ pulled Quorn	Chef pasta dish	Chef pasta dish
	Crudit� Jacket Potato with various fillings	Crudit� Jacket potato with various fillings	Crudit� Jacket Potato with various fillings	Crudit� Jacket Potato with various fillings	Crudites Jacket Potato with various fillings	Crudites Jacket Potato with various fillings	Crudites Jacket Potato with various fillings
	Salad bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad bar
Pudding	Granola bar / sliced fruit	Rocky road	Lemon cookies fruits / sliced fruit	Jam doughnuts	Flap jack / sliced fruit	Tuck	Chef choice / slice fruit
Salad Bar	Tuna, Egg, Cheese, Mixed leaf, Carrot, Beetroot, Pickled onions, assorted pasta, Coleslaw, Cherry tomatoes, Cucumber, Olives, Potato salad, Couscous.						

Please note that all menus are subject to change due to seasonal variations and supply availability.