



AYSGARTH SCHOOL

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3	Omelette	Sausage sandwiches	Scrambled egg & toasted muffin	Bacon & baked beans	Poached eggs, hollandaise sauce, toasted muffin	Pan au chocolate fruit smoothies	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 Korma Onion Bhaji	Cottage pie	Roast Turkey, sage & onion stuffing, redcurrant jelly	Panko coated escalope of chicken with a mushroom sauce	Baked fish fillets, fish fingers & Baked cod fillets	Steak & ale pie	Chicken Kiev
Vegetarian	Quorn Korma	Quorn pie	Quorn roast	Bread Quorn fillet	Chef choice	Quorn pie	Pan fried halloumi & Chilli sauce
Carbohydrate Vegetables	Lemon-scented rice Garden peas	Broccoli Sweet corn	Roast potatoes Roasted vegetables & couscous	Mange tout Broccoli peas	Chips Garden peas, mushy peas	New potato Roasted vegetables	Garlic crushed new potatoes Mixed vegetables
	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Pudding	Apple, berry sponge & custard	Apple crumble & custard	Lemon drizzle cake & yoghurt	Sticky toffee pudding & toffee sauce	Pancakes with fruit compote	Ice-cream pots	Baked American cheesecake
Salad Bar	Tuna, Egg, Cheese, Mixed leaf, Carrot, Beetroot, Pickled onions, Various pasta, Coleslaw, Cherry tomatoes, Cucumber, Olives, Potato salad, Couscous.						
Evening							
Main	Soup & homemade bread, selection of sandwiches	Chicken Gyros & flatbreads	Pizza night, corn on the cob	Honey Chilli chicken	Stir-fry Chinese beef noodles	Loaded beef burgers, tomato & sliced cheese Herb diced potato	Macaroni cheese, garlic dough balls
Vegetarian	Chef pasta dish	Chef pasta dish	Chef pasta dish	Chef pasta dish	Chef pasta dish	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
Pudding	Oat biscuit / sliced fruit	Strawberry doughnuts	Chocolate cookies / sliced fruit	Shortbread	Chocolate muffins/ sliced fruit	Tuck shop	Chef choice / sliced fruit
Salad Bar	Tuna, Egg, Cheese, Mixed leaf, Carrot, Beetroot, Pickled onions, Various 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.