



AYSGARTH SCHOOL

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2	Cheese & ham baguette	Eggy bread	Smoked salmon & cream cheese bagel	Bacon sandwiches	Scrambled eggs with toasted bagels	Croissants with 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 tikka masala Naan breads	Chicken & chorizo pasta	Roast loin of pork, sage & onion apple sauce	Chicken & ham pie	Baked fish fillets, fish fingers, fish Paella	Panko breaded chicken with a mushroom sauce	Yakitori beef with udon noodles
Vegetarian	Quorn tikka	Quorn lasagna	Quorn roast	Quorn pie	Chef choice	Panko breaded Quorn	Yakitori Quorn
Carbohydrate Vegetables	Basmati rice Batton carrots	Garlic bread Broccoli & sweet corn	Roasted potatoes Cabbage & baby carrots	New potatoes Mange tout Broccoli	Chips Garden peas, mushy peas	Broccoli & Green beans	Roast potatoes Tri colour carrots & cauliflower cheese
	Jacket potatoes	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Pudding	chocolate & beetroot brownie & fruit compote	Jam sponge & custard	Banoffee pie	Pear & berry crumble with custard	Lemon & poppy seed drizzle cake, with natural yoghurt	ice-cream pots	Waffles, banana & chocolate sauce
Salad Bar	Tuna, Egg, Cheese, Mixed leaf, Carrot, Beetroot, Pickled onions, Various pasta, Coleslaw, Cherry tomatoes, Cucumber, Olives, Potato salad, Couscous.						
Evening meal							
Main	Kebab night	Chilli con carne sour cream & tortilla chips	Pasta night, tomato, Carbonara, pesto, dough balls	Breaded chicken burger, sliced tomato, corn on the cob with various sauces	Chicken & prawn Pad Thai	Burger night Potato wedges, coleslaw	Chicken shawarma, garlic mint yoghurt & flatbreads
Vegetarian	Quorn sausages	Quorn con carne	Chef pasta dish	Quorn burger	Quorn Pad Thai	Chef pasta dish	Chef pasta dish
	Crudité Jacket Potato with various fillings	Crudité Jacket Potato with various fillings	Crudité Jacket Potato with various fillings	Crudité Jacket Potato with various fillings	Crudites Jacket Potato with various fillings	Crudité Jacket Potato with various fillings	Crudité Jacket Potato with various fillings
Vegetable	Salad bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Pudding	Chocolate cookies / sliced fruit	Rocky road	Mini scones with jam & cream/ sliced fruit	Shortbread biscuits	Blueberry muffins/ sliced fruit	Tuck	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.