

Scout Road Academy Menus



Bread, Jacket Potatoes and Fresh Drinking Water available daily

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|------------------------------------|---|------------------------------------|--|---|
| Protein Selection (Dishes marked with * have extra vegetables blended in) | BBQ Chicken Wrap Tuna Melt (V)* | Homemade Sausage Rolls Fishcakes(V) (including oily fish) | Cottage Pie Cheese Wheel (V) | Meatballs with Fresh Tomato Sauce Omelette (V)* | Homemade Pizza Filled Jacket Potatoes (V)* |
| Carbohydrate Selection | Oven Baked Potato Wedges | New Potatoes | Mashed Potatoes | Whole Wheat Spaghetti Garlic Bread | Oven Baked Chips |
| Vegetable Selection | Sweet Corn Salad Bar | Broccoli & Cauliflower Salad Bar | Carrots & Green Beans Salad Bar | Garden Peas Salad Bar | Reduced Sugar Baked Beans Salad Bar |
| Sweet Selection (Fresh Fruit and Yoghurt available daily) | Rice Pudding Served with Fruit | Orange Sponge Cake | Pear Sponge & Custard | Fruity Flapjack | Healthy Reduced Sugar & Fat Donut or Fruit Cheesecake |

Weeks Commencing: 17th September 8th October

Bread, Jacket Potatoes and Fresh Drinking Water available daily

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|--|
| Protein Selection (Dishes marked with * have extra vegetables blended in) | Healthy Breaded Fish Homemade Vegetable Pasty (V)* | Wholewheat Pasta Sausage & Fresh Tomato Sauce Handmade Vegetarian Burger (V)* | Oven Roast Chicken Served with Gravy Freshly Made Wholemeal Vegetarian Quiche (V)* | Whole Wheat Spaghetti Bolognese Filled Jacket Potatoes (V) * | Bacon Lettuce and Tomato Sandwich Healthy Breaded Fish Goujons (V) * In a Roll |
| Carbohydrate Selection | New Potatoes | Homemade Wholemeal Seeded Bread | Oven Roasted Potatoes | Healthy Garlic Bread | Oven Baked Chips |
| Vegetable Selection | Garden Peas & Carrots Salad Bar | Sweet Corn Salad Bar | Cauliflower & Broccoli Salad Bar | Garden Peas Salad Bar | Reduced Sugar Baked Beans Salad Bar |
| Sweet Selection (Fresh Fruit and Yoghurt available daily) | Rice Pudding Served with Fruit | Pineapple Sponge | Apple Sponge & Custard | Freshly Made Carrot Cake | Ice Cream and Fruit Salad |

Weeks Commencing: 4th September 24th September 15th October

Bread, Jacket Potatoes and Fresh Drinking Water available daily

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--------------------------------------|---|---|
| Protein Selection (Dishes marked with * have extra vegetables blended in) | Homemade Chicken Curry * Omelette Made with Free Range Eggs(V)* | Minced Beef Pie Tuna Pasta Bake (V)* | Roast Gammon Macaroni Cheese(V) | Tomato & Pesto Pasta Cheese & Egg Muffin (V) | Pepperoni Panini Vegetarian Panini or Filled Jacket Potatoes (V) |
| Carbohydrate Selection | Rice or Garlic Bread | New Potatoes | Oven Roasted Potatoes | Focaccia Bread | Oven Baked Chips |
| Vegetable Selection | Sweet Corn Salad Bar | Green Beans & Cauliflower Salad Bar | Carrots & Broccoli Salad Bar | Garden Peas Salad Bar | Reduced Sugar Baked Beans Salad Bar |
| Sweet Selection (Fresh Fruit and Yoghurt available daily) | Australian Crunch | Lemon Drizzle Cake | Rice Pudding Served with Fresh Fruit | Blueberry Sponge & Custard | Choc Ice Fruit Scone |

Weeks Commencing: 10th September 1st October 22nd October

Menus may be subject to change at short notice due to produce availability.
We are a Sugar Smart School and all our recipes are made with reduced sugar.
All our meat is Red Tractor assured and where possible is locally sourced.

