

# Scout Road Academy Menus



Bread, Jacket Potatoes and Fresh Drinking Water available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (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)*
<b>Carbohydrate Selection</b>	Oven Baked Potato Wedges	New Potatoes	Mashed Potatoes	Whole Wheat Spaghetti Garlic Bread	Oven Baked Chips
<b>Vegetable Selection</b>	Sweet Corn Salad Bar	Broccoli & Cauliflower Salad Bar	Carrots & Green Beans Salad Bar	Garden Peas Salad Bar	Reduced Sugar Baked Beans Salad Bar
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Rice Pudding Served with Fruit	Orange Sponge & Custard	Fruity Flapjack	Pear Sponge & Custard	Healthy Reduced Sugar & Fat Donut or Fruit Cheesecake
<b>Weeks Commencing:</b>	12 <sup>th</sup> February	12 <sup>th</sup> March	26 <sup>th</sup> March	30 <sup>th</sup> April	21 <sup>st</sup> May

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (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
<b>Carbohydrate Selection</b>	New Potatoes	Homemade Wholemeal Seeded Bread	Oven Roasted Potatoes	Healthy Garlic Bread	Oven Baked Chips
<b>Vegetable Selection</b>	Garden Peas & Carrots Salad Bar	Sweet Corn Salad Bar	Garden Peas Salad Bar	Garden Peas Salad Bar	Reduced Sugar Baked Beans Salad Bar
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Rice Pudding Served with Fruit	Pineapple Sponge & Custard	Freshly Made Carrot Cake	Apple Sponge & Custard	Ice Cream and Jelly
<b>Weeks Commencing:</b>	26 <sup>th</sup> February	19 <sup>th</sup> March	16 <sup>th</sup> April	7 <sup>th</sup> May	

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Homemade Chicken Curry * Vegetarian Pasty or Omelette Made with Free Range Eggs(V)*	Minced Beef Pie Tuna Pasta Bake (V)*	Roast Gammon Macaroni Cheese(V)	Italian Beef and Pepper Pasta Cheese & Egg Muffin (V)	Pepperoni Panini Vegetarian Panini or Filled Jacket Potatoes (V)
<b>Carbohydrate Selection</b>	Rice or Garlic Bread	New Potatoes	Oven Roasted Potatoes	Focaccia Bread	Oven Baked Chips
<b>Vegetable Selection</b>	Sweet Corn Salad Bar	Green Beans & Cauliflower Salad Bar	Carrots & Broccoli Salad Bar	Garden Peas Salad Bar	Reduced Sugar Baked Beans Salad Bar
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Australian Crunch	Peach Sponge & Custard	Rice Pudding Served with Fresh Fruit	Rhubarb & Pear Crumble Made with Oats & Wholemeal Flour	Lemon Drizzle Cake
<b>Weeks Commencing:</b>	5 <sup>th</sup> February	5 <sup>th</sup> March	23 <sup>rd</sup> April	14 <sup>th</sup> May	

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.

