## **Scout Road Academy Menus**



Please tick your choices.										
	Monday	Tuesday	Wednesday	Thursday	Friday					
Protein Selection (Dishes marked with * have extra vegetables blended in)	Homemade Bolognaise Pasta	Pepperoni & Cheese Wrap  Cheese & Beans	Roast Chicken  Veggie Filled	Fish Fingers Cheese & Lentil	Hot Dog  Vegetarian Hot Dog					
	Pasta & Tomato Sauce (V)	Wrap (V)  Jacket Potato	Yorkshire Pudding (V)	Savoury (V)  Jacket Potato	(V) Jacket potato					
	Jacket potato		Jacket potato							
Carbohydrate Selection	Spaghetti	Oven Cooked Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand Cut Chips					
Vegetable Selection	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar					
	Garden Peas	Sweetcorn	Cauliflower & Broccoli	Carrots & Green Beans	Baked Beans					
Sweet Selection	Assorted Baking  Fresh Fruit	Rice Pudding  Biscuit	Assorted Homemade Baking	Sponge Pudding & Custard	Choc Ices Fresh Fruit					
(Fresh Fruit and		Fresh Fruit	Fresh Fruit	Fresh Fruit	or					
Yoghurt available daily)	or Yoghurt	Fresh Fruit or Yoghurt	or Yoghurt	or Yoghurt	Yoghurt					
			l .							
Weeks Commenc	ing: 22 <sup>nd</sup> April	13 <sup>th</sup> May	10 <sup>th</sup> June	1 <sup>st</sup> July						
Weeks Commenc		13 <sup>th</sup> May		·						
Weeks Commenc	Monday	13 <sup>th</sup> May Tuesday	Wednesday	Thursday	Friday					
Protein Selection (Dishes marked		Tuesday Lasagne Cheese & Tomato		Thursday Sausage & Potato Bake	Friday Margherita Pizza (V)					
Protein Selection (Dishes marked with * have extra vegetables	Monday  Meatballs in a Homemade Tomato Sauce *  Three Bean Cous	Tuesday Lasagne Cheese & Tomato Puff (V)	Wednesday Home Roasted	Thursday Sausage & Potato	Margherita Pizza (V)					
Protein Selection (Dishes marked with * have extra	Monday Meatballs in a Homemade Tomato Sauce *	Tuesday Lasagne Cheese & Tomato	Wednesday Home Roasted Gammon	Thursday Sausage & Potato Bake Roasted Vegetable						
Protein Selection (Dishes marked with * have extra vegetables	Monday  Meatballs in a Homemade Tomato Sauce *  Three Bean Cous Cous (V)	Tuesday Lasagne Cheese & Tomato Puff (V)	Wednesday  Home Roasted Gammon  Macaroni Cheese *(V)	Thursday Sausage & Potato Bake Roasted Vegetable Pasta* (V)	Margherita Pizza (V)					
Protein Selection (Dishes marked with * have extra vegetables blended in)	Monday  Meatballs in a Homemade Tomato Sauce *  Three Bean Cous Cous (V)  Jacket potato	Tuesday Lasagne Cheese & Tomato Puff (V) Jacket potato Wedges & Crusty	Wednesday  Home Roasted Gammon  Macaroni Cheese *(V)  Jacket potato	Thursday Sausage & Potato Bake Roasted Vegetable Pasta* (V)  Jacket potato	Margherita Pizza (V)  Jacket potato					
Protein Selection (Dishes marked with * have extra vegetables blended in)  Carbohydrate Selection  Vegetable	Monday  Meatballs in a Homemade Tomato Sauce *  Three Bean Cous Cous (V)  Jacket potato  Spaghetti & Wraps	Tuesday Lasagne Cheese & Tomato Puff (V) Jacket potato Wedges & Crusty Bread	Wednesday Home Roasted Gammon  Macaroni Cheese *(V)  Jacket potato  Roast Potatoes	Thursday Sausage & Potato Bake Roasted Vegetable Pasta* (V)  Jacket potato  Steamed Potatoes	Margherita Pizza (V)  Jacket potato  Hand Cut Chips					
Protein Selection (Dishes marked with * have extra vegetables blended in)  Carbohydrate Selection  Vegetable	Monday  Meatballs in a Homemade Tomato Sauce *  Three Bean Cous Cous (V)  Jacket potato  Spaghetti & Wraps  Salad Bar	Tuesday Lasagne Cheese & Tomato Puff (V) Jacket potato Wedges & Crusty Bread  Salad Bar Carrots & Green	Wednesday Home Roasted Gammon  Macaroni Cheese *(V)  Jacket potato  Roast Potatoes  Salad Bar  Cauliflower &	Thursday Sausage & Potato Bake  Roasted Vegetable Pasta* (V)  Jacket potato  Steamed Potatoes  Salad Bar	Margherita Pizza (V)  Jacket potato  Hand Cut Chips  Salad Bar					

Yoghurt

20<sup>th</sup> May

Yoghurt

17<sup>th</sup> June

Yoghurt

8<sup>th</sup> July

Fresh Fruit

29<sup>th</sup> April

Yoghurt available

Yoghurt

Weeks Commencing: 8<sup>th</sup> April

daily)

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection	Chinese Curry	Breaded Fish	Minced Beef Pie	Sausage Pasta	Bacon Sandwich
(Dishes marked	Vegetable Spring				Egg Sandwich (V)
with * have extra vegetables	Roll (V)	Tomato Pasta(V)	Cheese Flan (V)	Bean Lasagne (V)	Jacket potato
blended in)	lacket natata	Jacket potato	la elect notata	lacket notato	
	Jacket potato		Jacket potato	Jacket potato	
Carbohydrate	Rice & Wrap	Hand Cut Potato	Roast Potatoes	Garlic Bread	Hand Cut Chips
Selection	Mioo a Wiap	Wedges	riouet i otatooo	Garno Broad	Tiuna Gut Ginpo
Vegetable Selection	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Selection	Garden Peas	Carrots & Green	Broccoli &	Sweetcorn	Baked Beans
		Beans	Cauliflower		
Sweet	Assorted Baking	Sponge & Custard	Rice Pudding	Assorted Baking	Iced Cake
Selection	Fresh Fruit		Biscuit	Fresh Fruit	Fresh Fruit
(Fresh Fruit and Yoghurt available	or	Fresh Fruit or	Fresh Fruit	or	or Yoghurt
daily)	Yoghurt	Yoghurt	or Yoghurt	Yoghurt	
Weeks Commenc	ing: 15 <sup>th</sup> Ap	pril 6 <sup>th</sup> May		24 <sup>th</sup> June	15 <sup>th</sup> July

Menus may be subject to change at short notice due to produce availability.

We are part of Fare Share, so where possible we are trying to incorporate any extra food into our lunches that is available to us so that it doesn't go to waste. Therefore, the lunches you receive may have unexpected items that are not on the menu. This is extra food we receive through Fare Share and we share it out with all schools.

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.