

Scout Road Academy Menus



Please tick your choices.

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Homemade Spaghetti Bolognaise* <input type="checkbox"/> Vegetarian Bolognaise (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Pepperoni & Cheese Pizza Wrap <input type="checkbox"/> Jacket Potatoes with Cheese, Tuna or Beans (V) <input type="checkbox"/>	Roast Chicken <input type="checkbox"/> Pasta with Tomato Sauce (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Fish Fingers <input type="checkbox"/> Jacket Potatoes with Cheese, Tuna or Beans (V) <input type="checkbox"/>	Hot Dog <input type="checkbox"/> Vegetarian Hot Dog (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>
Carbohydrate Selection	Spaghetti	Oven Cooked Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand Cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Sweetcorn	Salad Bar Cauliflower & Broccoli	Salad Bar Carrots & Green Beans	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Baking <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Traditional Rice Pudding Served with Fruit <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Assorted Homemade Cookies <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Sponge Pudding & Custard <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Choc Ices <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>
Weeks Commencing:	15 th January		5 th February	4 th March	

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Meatballs in a Homemade Tomato Sauce * <input type="checkbox"/> Falafel Balls in Tomato Sauce (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Lasagne <input type="checkbox"/> Cheese & Tomato Puff (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Home Roasted Gammon <input type="checkbox"/> Macaroni Cheese *(V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Garlic Chicken Pasta <input type="checkbox"/> Roasted Vegetable Pasta* (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Margherita Pizza (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>
Carbohydrate Selection	Spaghetti & Wraps	Hand Cut Potato Wedges & Crusty Bread	Roast Potatoes	Fresh Baked Garlic Bread	Hand Cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Carrots & Green Beans	Salad Bar Cauliflower & Broccoli	Salad Bar Sweetcorn	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Baking <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Traditional Rice Pudding Served with Fruit <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Sponge Pudding & Custard <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Assorted Baking <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>	Jelly & Ice Cream <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> or Yoghurt <input type="checkbox"/>
Weeks Commencing:	22 nd January		19 th February	11 th March	

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein Selection (Dishes marked with * have extra vegetables blended in)	Mandy's Special Chicken Curry* <input type="checkbox"/> Vegetarian Curry (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Breaded Fish <input type="checkbox"/> Cheese & Bean Pasty (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Minced Beef Hotpot <input type="checkbox"/> Vegetable Bake (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Pesto & Sausage <input type="checkbox"/> Rice or with Vegetarian Sausage Tuna Melt Potato Skins <input type="checkbox"/> Jacket potato <input type="checkbox"/>	Bacon Sandwich <input type="checkbox"/> Egg Sandwich (V) <input type="checkbox"/> Jacket potato <input type="checkbox"/>
Carbohydrate Selection	Rice & Wrap	Hand Cut Potato Wedges	Potato in hotpot	Rice & Garlic Bread	Hand Cut Chips
Vegetable Selection	Salad Bar Garden Peas	Salad Bar Carrots & Green Beans	Salad Bar Broccoli & Cauliflower	Salad Bar Sweetcorn	Salad Bar Baked Beans
Sweet Selection (Fresh Fruit and Yoghurt available daily)	Assorted Baking <input type="checkbox"/> Fresh Fruit or <input type="checkbox"/> Yoghurt <input type="checkbox"/>	Sponge & Custard <input type="checkbox"/> Fresh Fruit or <input type="checkbox"/> Yoghurt <input type="checkbox"/>	Traditional Rice Pudding Served with Fruit <input type="checkbox"/> Fresh Fruit or <input type="checkbox"/> Yoghurt <input type="checkbox"/>	Assorted Baking <input type="checkbox"/> Fresh Fruit or <input type="checkbox"/> Yoghurt <input type="checkbox"/>	Cake <input type="checkbox"/> Fresh Fruit or <input type="checkbox"/> Yoghurt <input type="checkbox"/>
Weeks Commencing:	8 th January	29 th January	26 th February	18 th March	

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.