

# Scout Road Academy Menus



Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Meatballs in Tomato Sauce  Pasta with Tomato Sauce & Cheese (V)	Cheese & Ham Puff  Veggie Sausage Casserole (V)	Roast Gammon & Gravy  Veggie Filled Yorkshire Pudding (V)	Oven-baked Fish Fingers  Cheese Omelette (V)	Roast Chicken Wrap  Vegetarian Nugget Wrap (V)
<b>Carbohydrate Selection</b>	Spaghetti  Garlic Bread	Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand-cut Chips
<b>Vegetable Selection</b>	Salad Bar  Garden Peas	Salad Bar  Sweetcorn	Salad Bar  Cauliflower & Broccoli	Salad Bar Carrots & Green Beans	Salad Bar  Baked Beans
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding  Assorted Homemade Baking	Assorted Homemade Baking	Sponge & Custard	Choc Ices
<b>Weeks Commencing:</b>	6 <sup>th</sup> Jan	27 <sup>th</sup> Jan	24 <sup>th</sup> Feb	17 <sup>th</sup> Mar	

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Chinese Chicken Curry  Vegetable Spring Rolls (V)	Breaded Fish  Roast Vegetable Pasta (V)	Minced Beef Pie & Gravy  Cheese Pasty (V)	Sausages & Gravy  Vegetarian Sausage (V)	Margherita Pizza  Pesto Pasta & Cheese (V)
<b>Carbohydrate Selection</b>	Rice  Prawn Crackers	Potato Wedges	Roast Potatoes	Steamed Potatoes	Hand-cut Chips
<b>Vegetable Selection</b>	Salad Bar  Garden Peas	Salad Bar  Sweetcorn	Salad Bar  Cauliflower & Broccoli	Salad Bar Carrots & Green Beans	Salad Bar  Baked Beans
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding  Assorted Homemade Baking	Assorted Homemade Baking	Sponge & Custard	Cornflake Crispy Bun
<b>Weeks Commencing:</b>	13 <sup>th</sup> Jan	3 <sup>rd</sup> Feb	3 <sup>rd</sup> Mar	24 <sup>th</sup> Mar	

Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Bolognese  Veggie Bolognese (V)	Sausage Roll  Veggie Sausage & Yorkshire Pudding (V)	Roast Chicken & Gravy  Macaroni Cheese (V)	Pepperoni & Cheese Wrap  Pizza Puff (V)	Bacon Sandwich  Egg Sandwich (V)
<b>Carbohydrate Selection</b>	Spaghetti  Garlic Bread	Potato Wedges	Roast Potatoes	Garlic pasta	Hand-cut Chips
<b>Vegetable Selection</b>	Salad Bar  Garden Peas	Salad Bar  Green Beans & Carrots	Salad Bar  Cauliflower & Broccoli	Salad Bar  Sweetcorn	Salad Bar  Baked Beans
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Rice Pudding  Assorted Homemade Baking	Assorted Homemade Baking	Sponge & Custard	Arctic Roll
<b>Weeks Commencing:</b>	20 <sup>th</sup> Jan	10 <sup>th</sup> Feb	10 <sup>th</sup> Mar	31 <sup>st</sup> Mar	

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