

# 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  Vegetable Sausage Roll (V)	Roast Gammon & Gravy  Roast Vegetables in Tomato Sauce (V)	Oven-baked Fish Fingers  Cheese Omelette (V)	Hotdogs  Pizza Wrap (V)
<b>Carbohydrate Selection</b>	<b>Spaghetti</b>  <b>Garlic Bread</b>	<b>Potato Wedges</b>	<b>Roast Potatoes</b>	<b>Steamed Potatoes</b>	<b>Hand-cut Chips</b>
<b>Vegetable Selection</b>	<b>Salad Bar</b>  <b>Garden Peas</b>	<b>Salad Bar</b>  <b>Sweetcorn</b>	<b>Salad Bar</b>  <b>Cauliflower &amp; Broccoli</b>	<b>Salad Bar</b> <b>Carrots &amp; Green Beans</b>	<b>Salad Bar</b>  <b>Baked Beans</b>
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	<b>Assorted Homemade Baking</b>	<b>Rice Pudding</b>  <b>Assorted Homemade Baking</b>	<b>Assorted Homemade Baking</b>	<b>Sponge &amp; Custard</b>	<b>Choc Ices</b>

**Weeks Commencing: 5<sup>th</sup> January      26<sup>th</sup> January      23<sup>rd</sup> February      16<sup>th</sup> March**

Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Chinese Tikka Curry  Vegetable Samosa(V)	Breaded Fish  Tomato and Vegetable Pasta (V)	Minced Beef Pie & Gravy  Cheese Pasty (V)	Sausages & Gravy  Vegan Cottage Pie (V)	Bacon Sandwiches  Margherita Pizza (V)
<b>Carbohydrate Selection</b>	<b>Rice</b>	<b>Potato Wedges</b>	<b>Roast Potatoes</b>	<b>Steamed Potatoes</b>	<b>Hand-cut Chips</b>
<b>Vegetable Selection</b>	<b>Salad Bar</b>  <b>Garden Peas</b>	<b>Salad Bar</b>  <b>Sweetcorn</b>	<b>Salad Bar</b>  <b>Cauliflower &amp; Broccoli</b>	<b>Salad Bar</b> <b>Carrots &amp; Green Beans</b>	<b>Salad Bar</b>  <b>Baked Beans</b>
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	<b>Assorted Homemade Baking</b>	<b>Rice Pudding</b>  <b>Assorted Homemade Baking</b>	<b>Assorted Homemade Baking</b>	<b>Fruit Crumble &amp; Custard</b>	<b>Cornflake Crispy Bun</b>

**Weeks Commencing: 12<sup>th</sup> January      2<sup>nd</sup> February      2<sup>nd</sup> March      23<sup>rd</sup> March**

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  Vegetarian Toad in the Hole (V)	Roast Chicken & Gravy  Macaroni Cheese (V)	Pepperoni & Cheese Wrap  Pizza Puff (V)	Beefburger  Veggie Nugget Burger (V)
<b>Carbohydrate Selection</b>	<b>Spaghetti</b>  <b>Garlic Bread</b>	<b>Potato Wedges</b>	<b>Roast Potatoes</b>	<b>Garlic pasta</b>	<b>Hand-cut Chips</b>
<b>Vegetable Selection</b>	<b>Salad Bar</b>  <b>Garden Peas</b>	<b>Salad Bar</b>  <b>Green Beans &amp; Carrots</b>	<b>Salad Bar</b>  <b>Cauliflower &amp; Broccoli</b>	<b>Salad Bar</b>  <b>Sweetcorn</b>	<b>Salad Bar</b>  <b>Baked Beans</b>
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	<b>Assorted Homemade Baking</b>	<b>Rice Pudding</b>  <b>Assorted Homemade Baking</b>	<b>Assorted Homemade Baking</b>	<b>Sponge &amp; Custard</b>	<b>Jelly &amp; Ice Cream</b>

**Weeks Commencing: 19<sup>th</sup> January      9<sup>th</sup> February      9<sup>th</sup> March**

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