

# Scout Road Academy Menus



**Packed lunches available for all School trips this summer!**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Homemade Bolognese Pasta  Pasta & Tomato Sauce (V)	Pepperoni & Cheese Wrap  Cheese & Beans Wrap (V)	Roast Chicken  Veggie Filled Yorkshire Pudding (V)	Fish Fingers  Cheese & Lentil Savoury (V)	Hot Dog  Vegetarian Hot Dog (V)
<b>Carbohydrate Selection</b>	<b>Spaghetti</b>	<b>Oven Cooked Potato Wedges</b>	<b>Roast Potatoes</b>	<b>Steamed Potatoes</b>	<b>Hand Cut Chips</b>
<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	Traditional Rice Pudding  Biscuit	Assorted Homemade Baking	Sponge Pudding & Custard	Choc Ices
<b>Weeks Commencing</b>	<b>22<sup>nd</sup> April</b>	<b>13<sup>th</sup> May</b>	<b>10<sup>th</sup> June</b>	<b>1<sup>st</sup> July</b>	

Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Meatballs in a Homemade Tomato Sauce *  Three Bean Cous Cous (V)	Lasagne  Cheese & Tomato Puff (V)	Home Roasted Gammon  Macaroni Cheese *(V)	Sausage and Potato Bake  Roasted Vegetable Pasta* (V)	Margherita Pizza (V)
<b>Carbohydrate Selection</b>	<b>Spaghetti &amp; Wraps</b>	<b>Hand Cut Potato Wedges &amp; Crusty Bread</b>	<b>Roast Potatoes</b>	<b>Steamed Potatoes</b>	<b>Hand Cut Chips</b>
<b>Vegetable Selection</b>	Salad Bar  Garden Peas	Salad Bar  Carrots & Green Beans	Salad Bar  Cauliflower & Broccoli	Salad Bar  Sweetcorn	Salad Bar  Baked Beans
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Traditional Rice Pudding  Biscuit	Sponge Pudding & Custard	Assorted Homemade Baking	Jelly & Ice Cream
<b>Weeks Commencing:</b>	<b>8<sup>th</sup> April</b>	<b>29<sup>th</sup> April</b>	<b>20<sup>th</sup> May</b>	<b>17<sup>th</sup> June</b>	<b>8<sup>th</sup> July</b>


Jacket Potatoes available daily

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Protein Selection</b> (Dishes marked with * have extra vegetables blended in)	Chinese Curry  Vegetable Spring Roll (V)	Breaded Fish  Tomato Pasta (V)	Minced Beef Pie  Cheese Flan (V)	Sausage Pasta  Bean Lasagne (V)	Bacon Sandwich  Egg Sandwich (V)
<b>Carbohydrate Selection</b>	Rice & Wrap	Hand Cut Potato Wedges	Roast Potatoes	Garlic Bread	Hand Cut Chips
<b>Vegetable Selection</b>	Salad Bar  Garden Peas	Salad Bar  Carrots & Green Beans	Salad Bar  Broccoli & Cauliflower	Salad Bar  Sweetcorn	Salad Bar  Baked Beans
<b>Sweet Selection</b> (Fresh Fruit and Yoghurt available daily)	Assorted Homemade Baking	Sponge & Custard	Traditional Rice Pudding  Biscuit	Assorted Homemade Baking	Iced Cake
<b>Weeks Commencing:</b>	15 <sup>th</sup> April	6 <sup>th</sup> May	3 <sup>rd</sup> June	24 <sup>th</sup> June	15 <sup>th</sup> July

Jacket Potatoes available daily

**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.**