

# STEP Lunch Menu

## WEEK 1 – for weeks commencing: 21/02/22, 14/03/22, 18/4/22, 09/05/22

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	Salmon & Broccoli Pasta Tomato & Basil Pasta Jacket Potato & Fillings Peas & Carrots <b>Danish Strudel</b> Fresh Fruit	<b>Hawaiian Chicken</b> Chickpea Curry Fluffy Rice Jacket Potato & Fillings Vegetable Medley Fruity Jelly Fresh Fruit	<b>British Roast Beef &amp; Yorkshire Pudding</b> Roasted Vegetable Plait Roast Potatoes Jacket Potato & Fillings Sweetcorn Yoghurt Fresh Fruit	Jacket Potato with Fillings – Chilli, Cheese, Beans, Egg Mayo, Tuna Mayo Mixed Vegetables <b>Jamaican Cake &amp; Vanilla Sauce</b> Fresh Fruit	Fish Fillet <b>Iranian Spicy Falafel</b> Chips Jacket Potato & Fillings Baked Beans & Roasted Vegetables Yoghurt Fresh Fruit

## WEEK 2 – for weeks commencing: 28/02/22, 21/03/22, 25/04/22, 16/05/22

<b>WEEK TWO</b>	<b>Italian Baked Pasta</b> Macaroni Cheese Jacket Potato & Fillings Vegetable Medley Flapjack & Custard Fresh Fruit	American Beef Burger Vegetarian Burger Herby Diced Potatoes Jacket Potato & Fillings Peas <b>American Chocolate &amp; Banana Muffin</b> Fresh Fruit	<b>German Chicken Sausages</b> Veggie Sausage Creamy Mash Potato Jacket Potato & Fillings Mixed Vegetables Yoghurt Fresh Fruit	<b>Portuguese Chicken Piri-Piri</b> Spicy Bean Wrap Fluffy Rice Jacket Potato Roast Vegetables Madeira Sponge Fresh Fruit	Fish Cake <b>French Quiche</b> Chips Jacket Potato & Fillings Baked Beans & Baked Tomatoes Yoghurt Fresh Fruit
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## WEEK 3 – for weeks commencing: 07/03/22, 28/03/22, 02/05/22, 23/05/22

<b>WEEK THREE</b>	<b>Japanese Beef Curry</b> Veggie Stir Fry Coconut Rice Jacket Potato & Fillings Broccoli & Carrots Ginger & Lemon Sponge Fresh Fruit	<b>Irish Chicken &amp; Root Mash Pie</b> Veggie Pie with Creamy Mash Jacket Potato & Fillings Vegetable Medley Jam Tart & Custard Fresh Fruit	Roast Turkey & Stuffing <b>Turkish Sweet Potato &amp; Chickpea Parcel</b> Roast Potatoes Jacket Potato & Fillings Green Beans Yoghurt Fresh Fruit	Sweetcorn Pizza Margherita Pizza Sweet Potato Wedges Jacket Potato & Fillings Vegetable Medley <b>Scottish Fruity Shortbread</b> Fresh Fruit	Fish Fingers <b>Spanish Vegetable Paella</b> Chips Jacket Potato & Fillings Baked Beans & Peas Yoghurt Fresh Fruit
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This menu was developed collaboratively by the catering team, with contributions from Rebecca at Gonville, Erika at Phoenix, Lisa at Applegarth, Sharon at Breakwater, Hyo at Turnham, Sharon at Heathfield, Pam at Tudor and Denise at Westbridge.

The recipes and dishes seek to highlight a dish from a country and a style, but we appreciate there are many variations on a given dish, and that we are also constrained by the School Food Standards.

### All about our food

- All meals are freshly cooked at our academies by our own trained STEP Catering team.
- Our menu has been designed to meet all of the School Food Standards.
- Our food is cooked using oven baking & steaming methods.
- All meat is fresh & UK sourced and we use seasonal fruit & vegetables.
- Yoghurt, milk and fresh drinking water are available daily.
- If you require any information about allergies, please contact the school office.
- This menu may be subject to change.