

STEP Lunch Menu

WEEK 1 – for weeks commencing: 20/02/23, 13/03/23, 17/04/23, 08/05/23

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	1-Spinach & Sweet Potato Stew V, Ve 2-Vegetable Frittata V E, MK Rice 3-Jacket Potato & Fillings Vegetable Medley Jam Tart G, SU & Custard MK Fresh Fruit	1-Macaroni Cheese V, G, MK, MU 2-Crustless Quiche E, MK & New Potatoes V 3-Jacket Potato & Fillings Mixed Vegetables Shortbread G Fresh Fruit	1-Roast Beef & Yorkshire Pudding G, E, MK 2-Veggie Balls CE, MK, E, G V Roast Potatoes SU 3-Jacket Potato & Fillings Green Cabbage Yoghurt MK Fresh Fruit	1-Jacket Potato with Fillings – Chilli G , Cheese MK , Beans, Egg Mayo E , Tuna Mayo F, E Sweetcorn & Carrots Marble Cake E, G & Chocolate Sauce MK Fresh Fruit	1-Fish Fingers F, G 2-Rice Paella V, Ve, SU Chips 3-Jacket Potato & Fillings Baked Beans & Baked Tomatoes Yoghurt MK Fresh Fruit

WEEK 2 – for weeks commencing: 27/02/23, 20/03/23, 24/04/23, 15/05/23

WEEK TWO	1-Peppers & Sweetcorn Pizza G, MK, MC=E V 2-Margherita Pizza G, MK, MC=E V Herby Diced Potato G 3-Jacket Potato & Fillings Carrots Rice Pudding MK, SU	1-Five Spiced Chicken Drumsticks G, SO & Coconut Rice 2-Quorn Bolognese Spaghetti CE, E, G, SO V 3-Jacket Potato & Fillings Vegetable Medley Chocolate Mousse MK	1-Beef Bourguignon MU, SU 2-Vegetable casserole V, Ve Mashed Potato SU 3-Jacket Potato & Fillings Sweetcorn Yoghurt MK Fresh Fruit	1-Vegetarian Lasagne G, MK, MU, MC=E V 2-Fusilli Pasta Rainbow G, V, Ve 3-Jacket Potato & Fillings Mixed Vegetables Apple Crumble G & Custard MK Fresh Fruit	1-Battered Fish Fillet F, G 2-Vegan Sausage Roll G, SO V Ve Chips 3-Jacket Potato & Fillings Baked Beans & Peas Yoghurt MK Fresh Fruit
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WEEK 3 – for weeks commencing: 06/03/23, 27/03/23, 01/05/23, 22/05/23

WEEK THREE	1-Vegetable Pasta Bake G, MK V 2-Cauliflower, Broccoli & Cheese Patty E, MK V 3-Jacket Potato & Fillings Peas Lemon Cheese Cake G, MK, SU, MC=E, SO Fresh Fruit	1-Chicken Sausages G 2-Vegan Sausages SO V, Ve Mashed Potato SU 3-Jacket Potato & Fillings Broccoli Ginger Cake E, G, MK, SU Fresh Fruit	1-Roast Turkey & Stuffing G 2-Bean Goulash V, Ve Roast Potatoes SU 3-Jacket Potato & Fillings Cabbage Yoghurt MK Fresh Fruit	1-Vegetable Chow Mein G, SO V Ve 2-Vegetable Spring Roll G, SO V Ve Noodles E, G, SO V 3-Jacket Potato & Fillings Mixed Vegetable Choc O Beet Muffin E, G, MK, SU Fresh Fruit	1-Fish Fingers F, G 2-Sweet Potato Coconut Bites MU, SU V Ve Chips 3-Jacket Potato & Fillings Baked Beans & Roasted Vegetables Yoghurt MK Fresh Fruit
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Allergens Contain
CE=Celery, CR=Crustacean, E=Egg, F=Fish, G=Gluten, L=Lupin,
MK=Milk, MO=Molluscs, MU=Mustard, N=Nuts, P=Peanuts,
SO=Soya, SU=Sulphur, SE=Sesame Seed, MC=May Contain
V=Vegetarian, Ve=Vegan

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.