

# STEP Lunch Menu

WEEK 1 – for weeks commencing: 05/06/23, 26/06/23, 17/07/23, 11/09/23, 02/10/23

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	<p>Tomato &amp; Basil Pasta <b>G V, Ve</b> Frittata <b>E, MK V</b> &amp; New Potatoes</p> <p>Jacket Potato &amp; Fillings Sweetcorn &amp; Peas</p> <p>Lemon Drizzle Sponge <b>G, E, SU</b> Fresh Fruit</p>	<p>Chicken Sausage <b>G, SU</b> Vegan Sausage <b>SO V, Ve</b> Mashed Potato <b>SU</b> Jacket Potato &amp; Fillings Peas</p> <p>Flapjack <b>G, Mc: MK</b> &amp; Vanilla Sauce <b>MK</b> Fresh Fruit</p>	<p>Roast Turkey &amp; Stuffing <b>G</b> Cauliflower &amp; Broccoli Cheese <b>MK,</b> Roast Potatoes <b>SU</b> Jacket Potato &amp; Fillings Mixed Vegetables</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>	<p>Sweet &amp; Sour Quorn <b>E V</b> Vegetable Spring Roll <b>G, SO V, Ve</b> Chinese Rice <b>G, SO</b> Jacket Potato &amp; Fillings Sweetcorn</p> <p>Ice Cream <b>MK</b> Fresh Fruit</p>	<p>Fish Fingers <b>F, G</b> Cheese &amp; Tomato Quesadilla <b>G, MK V</b> Chips Jacket Potato &amp; Fillings Roast Tomato &amp; Baked Beans</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>

WEEK 2 – for weeks commencing: 12/06/23, 03/07/23, 24/07/23, 18/09/23, 09/10/23

WEEK TWO	<p>Pizza Margherita <b>G, MK, MC: E V</b> Peppers &amp; Olives Pizza <b>G, MK, MC: E V</b> Herby Diced Potatoes <b>G</b> Jacket Potato &amp; Fillings Sweetcorn</p> <p>Strawberry Smoothie <b>Ve</b> Fresh Fruit</p>	<p>Chicken Curry <b>MU</b> Vegetable Curry <b>MK, SO, MC: G V</b> Golden Rice Jacket Potato &amp; Fillings Vegetable Medley</p> <p>Mango Cheesecake <b>G, MK, MC: SO, E</b> Fresh Fruit</p>	<p>Roast Beef &amp; Yorkshire Pudding <b>G, E, MK</b> Spinach &amp; Potato Parcel <b>E, G, MK, SU V</b> Roast Potatoes <b>SU</b> Jacket Potato &amp; Fillings Carrots &amp; Peas</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>	<p>Jacket Potato with: Chilli <b>MC: G</b> Cheese <b>MK</b> Egg Mayo <b>E</b> Tuna Mayo <b>F</b> Baked Beans Roasted Vegetables</p> <p>Chocolate Cake <b>G, E, MK, SU</b> &amp; Chocolate Sauce <b>MK</b> Fresh Fruit</p>	<p>Battered Fish Fillet <b>F, G</b> Omelette <b>E, MK V</b> Chips Jacket Potato &amp; Fillings Peas &amp; Baked Beans</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>
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WEEK 3 – for weeks commencing: 19/06/23, 10/07/23, 04/09/23, 25/09/23, 16/10/23

WEEK THREE	<p>Vegetable Biryani <b>MC: G V, Ve</b> Aloo Keema <b>MC: G V, Ve</b> Fluffy Rice Jacket Potato &amp; Fillings Green Beans</p> <p>Iced Carrot Cake <b>E, G</b> Fresh Fruit</p>	<p>Lamb Spaghetti Bolognese <b>G</b> Quorn Spaghetti Bolognese <b>G, CE, E, SO V</b></p> <p>Jacket Potato &amp; Fillings Peas</p> <p>Fruit Jelly <b>Ve</b> Fresh Fruit</p>	<p>BBQ Chicken Drumstick Quorn Wrap <b>G, E, MK, MU V</b> Spicy Rice Jacket Potato &amp; Fillings Sweetcorn &amp; Carrots</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>	<p>Tuna Pasta <b>F, G</b> Macaroni Cheese <b>G, MK, MU V</b></p> <p>Jacket Potato &amp; Fillings Mixed Vegetables</p> <p>Chocolate Muffin <b>E, G, MK, SU</b> Fresh Fruit</p>	<p>Fish Fingers <b>F, G</b> Broccoli &amp; Cheese Quiche <b>E, G, MK, V</b> Chips Jacket Potato &amp; Fillings Baked Beans</p> <p>Yoghurt <b>MK</b> Fresh Fruit</p>
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## All about our food

STEP is committed to becoming an anti-racist organisation and the variety of cuisines on our menu is inspired by the diversity of children and staff within our trust.

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 and 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.

## 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