



# STEP Menu 2020/21



**WEEK 1 – for weeks commencing: 31/8/20, 21/9/20, 12/10/20, 16/11/20, 7/12/20, 11/1/21, 1/2/21, 1/3/21, 22/3/21**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<b>Pam's Cheese &amp; Onion Roll</b> Veggie Wrap Spicy Rice Jacket Potato & Fillings Vegetable Medley  Coconut Biscuit Fresh Fruit	<b>Suzette's Jamaican Beef Stew</b> Macaroni Cheese  Jacket Potato & Fillings Sweetcorn  Ice Cream & Peaches Fresh Fruit	Roast Turkey & Stuffing <b>Jenny's Leek &amp; Mushroom Cobbler</b> Roast Potatoes Jacket Potato & Fillings Cabbage  Yoghurt Fresh Fruit	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo  Vegetable Medley  <b>Denise's Butterscotch Tart</b> Fresh Fruit	Fish Fillet Cheese & Tomato Omelette Chips Jacket Potato & Fillings Baked Beans & Peas  Yoghurt Fresh Fruit

**Week 2 – for weeks commencing: 7/9/20, 28/9/20, 19/10/20, 23/11/20, 14/12/20, 18/1/21, 8/2/21, 8/3/21, 29/3/21**

<b>WEEK TWO</b>	Mixed Pepper Pizza Pasties Cheese & Tomato Pinwheel Oven Baked Wedges Jacket Potato & Fillings Vegetable Medley  Cheesecake with Mango Drizzle Fresh Fruit	Chilli Con Carne Mixed Bean Chilli Rice Jacket Potato & Fillings Sweetcorn  <b>Lucy's Jam Sponge</b> Fresh Fruit	<b>Sharon.D.'s Irish Shepherd's Pie</b> Roasted Vegetable Pie  Jacket Potato & Fillings Peas & Carrots  Yoghurts Fresh Fruit	<b>Emma's Creamy Oven Baked Chicken</b> <b>Teresa's Sweet Beet Frittata</b> Noodles Jacket Potato & Fillings Vegetable Medley  Jelly & Fruit Cocktail Fresh Fruit	Fish Fingers <b>Neha's Cauliflower &amp; Cheese Nuggets</b> Chips Jacket Potato & Fillings Baked Beans & Roasted Vegetables  Yoghurt Fresh Fruit
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**Week 3 – for weeks commencing: 14/9/20, 5/10/20, 9/11/20, 30/11/20, 4/1/21, 25/1/21, 22/2/21, 15/3/21**

<b>WEEK THREE</b>	Neapolitan Pasta Bake Oriental Stir Fry with Noodles  Jacket Potato & Fillings Vegetable Medley  <b>Wendy's Cherry Cookie</b> Fresh Fruit	<b>Lisa's Chinese Chicken Curry</b> Sweet Potato & Chick Pea Curry Pilaf Rice Jacket Potato & Fillings Vegetable Medley  Orange Cup Cake Fresh Fruit	Roast Beef & Yorkshire Pudding Spinach & Potato Parcel Roast Potatoes Jacket Potato & Fillings Broccoli & Carrots  Yoghurts Fresh Fruit	<b>Sharon.R.'s Chicken &amp; Broccoli Tagliatelle</b> Tomato & Basil Pasta  Jacket Potato & Fillings Vegetable Medley  Banana Muffin Fresh Fruit	Fish Cake Spinach, Feta & Tomato Flan Chips Jacket Potato & Fillings Baked Beans & Roasted Tomatoes  Yoghurt Fresh Fruit
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Menu subject to change \* All meals are freshly cooked at the academy \* Our food is cooked using oven baking & steaming methods \* We use seasonal fruit & vegetables \* All meat is fresh & UK sourced \* Milk & yoghurt are available daily \* Fresh drinking water is available daily

