

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	<p>1-Nigerian Spinach & Sweet Potato Stew</p> <p>2-Vegetable Frittata Rice</p> <p>3-Jacket Potato & Fillings Vegetable Medley</p> <p>Jam Tart & Custard Fresh Fruit</p>	<p>1-Macaroni Cheese</p> <p>2-Crustless Quiche & New Potatoes</p> <p>3-Jacket Potato & Fillings Mixed Vegetables</p> <p>Scottish Shortbread Fresh Fruit</p>	<p>1-Roast Beef & Yorkshire Pudding</p> <p>2-Nepalese Veggie Balls</p> <p>Roast Potatoes</p> <p>3-Jacket Potato & Fillings Green Cabbage</p> <p>Yoghurt Fresh Fruit</p>	<p>1-Jacket Potato with Fillings – Chilli, Cheese, Beans, Egg Mayo, Tuna Mayo</p> <p>Sweetcorn & Carrots</p> <p>German Marble Cake & Chocolate Sauce Fresh Fruit</p>	<p>1-Fish Fingers</p> <p>2-Spanish Rice Paella</p> <p>Chips</p> <p>3-Jacket Potato & Fillings Baked Beans & Baked Tomatoes</p> <p>Yoghurt Fresh Fruit</p>

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

WEEK TWO	<p>1-Peppers & Sweetcorn Pizza</p> <p>2-Margherita Pizza Herby Diced Potato</p> <p>3-Jacket Potato & Fillings Carrots</p> <p>Indian Rice Pudding Fresh Fruit</p>	<p>1-Five Spiced Chicken Drumsticks & Coconut Rice</p> <p>2-Quorn Bolognese Spaghetti</p> <p>3-Jacket Potato & Fillings Vegetable Medley</p> <p>Swiss Chocolate Mousse Fresh Fruit</p>	<p>1-French Beef Bourguignon</p> <p>2-Vegetable Casserole Mashed Potato</p> <p>3-Jacket Potato & Fillings Sweetcorn</p> <p>Yoghurt Fresh Fruit</p>	<p>1-Vegetarian Lasagne</p> <p>2-Italian Fusilli Pasta Rainbow</p> <p>3-Jacket Potato & Fillings Mixed Vegetables</p> <p>Apple Crumble & Custard Fresh Fruit</p>	<p>1-British Battered Fish Fillet & Chips</p> <p>2-Vegan Sausage Roll Chips</p> <p>3-Jacket Potato & Fillings Baked Beans & Peas</p> <p>Yoghurt Fresh Fruit</p>
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WEEK 3 – for weeks commencing: 06/03/23, 27/03/23, 01/05/23, 22/05/23

WEEK THREE	<p>1-Vegetable Pasta Bake</p> <p>2-Cauliflower, Broccoli & Cheese Patty</p> <p>3-Jacket Potato & Fillings Peas</p> <p>Greek Lemon Cheesecake Fresh Fruit</p>	<p>1-Chicken Sausages</p> <p>2-Vegan Sausages Mashed Potato</p> <p>3-Jacket Potato & Fillings Broccoli</p> <p>Jamaican Ginger Cake Fresh Fruit</p>	<p>1-Roast Turkey & Stuffing</p> <p>2-Hungarian Bean Goulash</p> <p>Roast Potatoes</p> <p>3-Jacket Potato & Fillings Cabbage</p> <p>Yoghurt Fresh Fruit</p>	<p>1-Vegetable Chow Mein</p> <p>2-Chinese Vegetable Spring Roll</p> <p>Noodles</p> <p>3-Jacket Potato & Fillings Mixed Vegetable</p> <p>Choc O Beet Muffin Fresh Fruit</p>	<p>1- Fish Fingers</p> <p>2-Malaysian Sweet Potato Coconut Bites</p> <p>Chips</p> <p>3-Jacket Potato & Fillings Baked Beans & Roasted Vegetables</p> <p>Yoghurt Fresh Fruit</p>
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This menu was developed collaboratively by the catering team, with contributions from: Kamila at Angel Oak, Emmanuella at David Livingstone, Emi at Turnham and Denise at Westbridge. The recipes & dishes seek to highlight a dish from a country and a style, we appreciate there are many variations on a given dish and we are also constrained by the School Food Standard.

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. All meat is Halal.

Did you know?



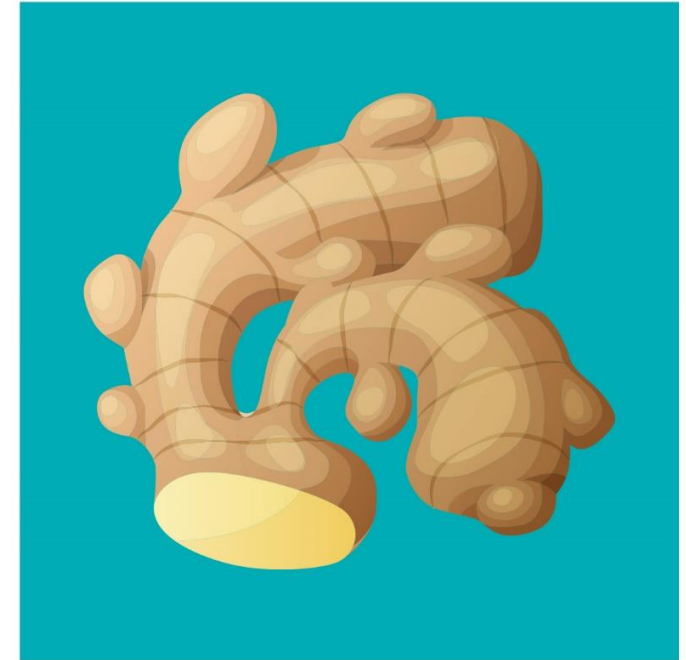
Where was the first fish and chip shop?

Fish and chips has long been considered quintessentially East End food. But did you know the first fish and chip shop in the UK was started right here in London. Joseph Malin ran a fried fish and chip shop in Bow from 1860 to the early 1970s. It might also surprise you to know that fried fish, which you might assume to be a British delicacy, was brought over to England by Jewish people. The addition of chips occurred in the 1800s, and this delicious duo led to the birth of fish and chips as we know them today.



Who invented cheesecake?

Cheesecake – The ancient Greeks, by the fifth century BC, made the earliest known rudimentary cheesecakes (plakous meaning “flat mass”), consisting of patties of fresh cheese pounded smooth with flour and honey and cooked on an earthenware griddle. In late medieval Europe, cheesecake remerged in tart form with a pastry base. The first English cookbook, *The Forme of Cury* (c. 1390), consisting of a collection of medieval English recipes compiled by the cooks of King Richard II, included two cheese tarts: “Sambocade,” containing curd cheese, egg whites, rosewater.



Is Jamaican ginger cake from Jamaica?

Yes, this cake did originate in Jamaica. Sugarcane and many kinds of exotic spices grow in Jamaica, making it easy to obtain the key ingredients. It has a similar taste and ingredients to that of gingerbread.