

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
WEEK ONE	Pam's Cheese & Onion Roll Veggie Wrap Spicy Rice Jacket Potato & Fillings Vegetable Medley Coconut Biscuit Fresh Fruit	Suzette's Jamaican Beef Stew Macaroni Cheese Jacket Potato & Fillings Sweetcorn Ice Cream & Peaches Fresh Fruit	Roast Turkey & Stuffing Jenny's Leek & Mushroom Cobbler Roast Potatoes Jacket Potato & Fillings Cabbage Yoghurt Fresh Fruit	Jacket Potato with Fillings – Cheese, Beans, Tuna, Egg Mayo Vegetable Medley Denise's Butterscotch Tart 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

WEEK TWO	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 Lucy's Jam Sponge Fresh Fruit	Sharon.D.'s Irish Shepherd's Pie Roasted Vegetable Pie Jacket Potato & Fillings Peas & Carrots Yoghurts Fresh Fruit	Emma's Creamy Oven Baked Chicken Teresa's Sweet Beet Frittata Noodles Jacket Potato & Fillings Vegetable Medley Jelly & Fruit Cocktail Fresh Fruit	Fish Fingers Neha's Cauliflower & Cheese Nuggets 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

WEEK THREE	Neapolitan Pasta Bake Oriental Stir Fry with Noodles Jacket Potato & Fillings Vegetable Medley Wendy's Cherry Cookie Fresh Fruit	Lisa's Chinese Chicken Curry 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	Sharon.R.'s Chicken & Broccoli Tagliatelle 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



Tudor
ACADEMY

