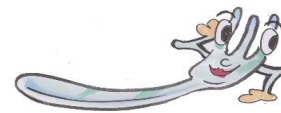


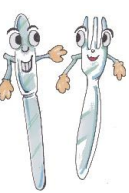


Black Pepper School Lunches

September/October 2018



	03/09/2018 24/09/2018 15/10/2018	04/09/2018 25/09/2018 16/10/2018	05/09/2018 26/09/2018 17/10/2018	06/09/2018 27/09/2018 18/10/2018	07/09/2018 28/09/2018 19/10/2018
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Caribbean Chicken and Vegetable Rice	Roast Pork	Healthy option Beef Burger in a Bread Roll	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Ravioli Roasted Root Vegetables with Garlic Bread	Vegetable and Cheese Country Bake and Vegetable Rice	Vegetarian Roast	Meat Free Sausage Patties in a Bread Roll	Cauliflower Cheese Grills
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
Carbohydrates & Vegetables	Whole-wheat Pasta	White and Brown Rice	Mash Potato	Hash Brown	Chunky Oven Chips
	Sweetcorn	Peas included in with rice	Green Beans and Diced Carrots	Baked Beans	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Jam Tart and Custard	Sponge Cake with Apple and Custard Piping	Shortbread	Lemon Drizzle Cake	Sponge Cake with Jam Piping
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	10/09/2018 01/10/2018 22/10/2018	11/09/2018 02/10/2018 23/10/2018	12/09/2018 03/10/2018 24/10/2018	13/09/2018 04/10/2018 25/10/2018	14/09/2018 05/10/2018 26/10/2018
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roast Turkey	Sausages Wrapped in Bacon	Chicken Goujons	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Jumbo Fish Finger
Option 2 (V)	Cauliflower and Broccoli Cheese	Quorn Sausages	Quorn Goujons	Sweet Potato Falafel Bites in a Tomato Sauce and Garlic Bread	Cheese and Tomato Pizza
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
Carbohydrates & Vegetables	Oven Roast Potatoes	Mash Potato	White and Brown Rice	Whole Wheat Pasta	Herby Diced Potatoes
	Cut Green Beans and Sweetcorn	Bake Beans	Peas and Sweetcorn	Peas and Extra Salad	Julienne Carrots and Baby Corn
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Victoria Sandwich Cake	Oaty Fruity Flapjacks	Vanilla and Chocolate Marble Cake	Toffee Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	17/09/2018 08/10/2018	18/09/2018 09/10/2018	19/09/2018 10/10/2018	20/09/2018 11/10/2018	21/09/2018 12/10/2018
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Skewer and Sausage	Hunters Chicken	Lasagne and Garlic Bread	Chicken Curry with Naan Bread	Fish Pie
Option 2 (V)	Quorn Southern Style Bites	Vegetable Cheese Lattice slice	Vegetable Lasagne and Garlic Bread	Quorn Curry and Chick Peas with Naan Bread	Vegetarian Cottage Pie
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
Carbohydrates & Vegetables	Chunky Oven Chips	Herby Diced Potatoes	Pasta included in main	White and Brown Rice	Mash Potato included in main
	Baked Beans	Swede and Carrot Mash	Sweetcorn and Extra Salad	Extra vegetables in curry	Green Beans and Baby Carrots
Dessert or Yogurt or Fresh Fruit (V)	Mousse	Chocolate Sponge and Custard	Coco Brownies	Apple Crumble and Cream	Oaty Fruity Flapjacks
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



* We do not add nuts to the school lunch menu. Though some of our suppliers state, "Traces of nuts may be found in some products" or "Product made in nut free area, but nuts used elsewhere". Therefore cannot guarantee nut free. NOTE. Jelly is not suitable for Vegan/Vegetarians.
 * Please don't order meals unless you are willing to pay for them. Paper order forms can take up to a week to process.
 * Order online at www.blackpepperlunches.com, whether you pay by cash, cheque, card or entitled to FSM/UFSM.
 * Salad and Bread is provided each day. Non of our food is deep fried. V = Suitable for vegetarian.

School Childs Name Class UFSM Y / N FSM Y / N