



Black Pepper School Lunches

November/December 2018



<- Deerhurst Only

	30/10/2018	31/10/2018	01/11/2018	02/11/2018
	19/11/2018	20/11/2018	21/11/2018	22/11/2018
	10/12/2018	11/12/2018	12/12/2018	13/12/2018
Week 1	Monday	Tuesday	Wednesday	Thursday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Sweet Chilli Chicken Grill	Roast Pork	Healthy option Beef Burger in a Bread Roll
Option 2 (V)	Ravioli Roasted Root Vegetables with Garlic Bread	Vegetarian Chilli	Vegetarian Roast	Meat Free Sausage Patties in a Bread Roll
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
	Sweetcorn and Mixed Peppers	Cauliflower and Peas	Green Beans and Diced Carrots	Baked Beans
Dessert or Yogurt or Fresh Fruit (V)	Jam Tart	Sponge Cake with Apple and Custard Piping	Shortbread	Lemon Drizzle Cake
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit



	05/11/2018	06/11/2018	07/11/2018	08/11/2018	09/11/2018
	26/11/2018	27/11/2018	28/11/2018	29/11/2018	30/11/2018
	17/12/2018	18/12/2018	19/12/2018	20/12/2018	21/12/2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Red Tractor Roast Turkey	Sausages Wrapped in Bacon	Crumb Coated Chicken Grill	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Jumbo Fish Finger
Option 2 (V)	Cauliflower and Broccoli Cheese	Quorn Sausages	Vegetarian Fajitas (Separate Tortillas)	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	Baby Carrots and Cauliflower
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Coco Brownies	Oaty Fruity Flapjacks	Vanilla and Chocolate Marble Cake	Toffee Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	12/11/2018	13/11/2018	14/11/2018	15/11/2018	16/11/2018
	03/12/2018	04/12/2018	05/12/2018	06/12/2018	07/12/2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chargrill Chicken	Red Tractor Lamb Grill	Lasagne and Garlic Bread	Chicken Curry with Naan Bread	Crumb Coated Haddock Grills
Option 2 (V)	Vegetable Cheese Lattice slice	Vegetarian Cottage Pie	Vegetable Lasagne and Garlic Bread	Cauliflower and Chick Peas Curry with Naan Bread	Quorn Dippers Bites
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
Carbohydrates & Vegetables	Oven Baked Potato Wedges	Mash Potato	Pasta included in main	White and Brown Rice	Chunky Oven Chips
	Peas and Carrots	Baked Beans	Sweetcorn and Extra Salad	Extra vegetables in curry	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Mousse	Chocolate Sponge and Custard	Victoria Sandwich Cake	Apple Crumble and Cream	Oaty Flapjacks
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	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 card or entitled to FSM/UFM.
 * Salad and Bread is provided each day. Non of our food is deep fried. V = Suitable for vegetarian.

Specials

5th November	Bonfire Night	Hot Dog/Vegetarian Hot Dog	Potato Wedges	BBQ Baked Beans	Ginger Bread Biscuit or Fruit Yogurt or Fruit
17th* December	Christmas Lunch	Roast Turkey and 'pigs n blankets'/Veg. Roast and Veg. Sausage	Roast Potatoes	Carrots, Sprouts and Vegetarian Stuffing	Christmas Biscuit or Fresh Fruit



* 19th December, Suckley, Brednbury, Brockhampton, St. Peters and Cradley (Wednesday menu moved to Monday)

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

Black Pepper School Lunches, Unit 3, Link Business Centre, Malvern, Worcestershire WR14 1UQ. 01684 891560 schoollunches@blackpepperlunches.com

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