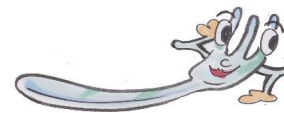


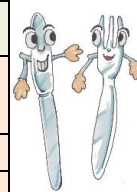
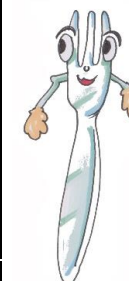


# Black Pepper School Lunches

## January/February 2019



	07/01/2019 28/01/2019	08/01/2019 29/01/2019	09/01/2019 30/01/2019	10/01/2019 31/01/2019	11/01/2019 01/02/2019
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Childrens Spanish Chicken	Roast Pork	Healthy option Beef Burger in a Bread Roll	Crumb Coated Cod Whole Fish Fillets
<b>Option 2 (V)</b>	Ravioli Roasted Root Vegetables with Garlic Bread	Vegetarian Chilli	Vegetarian Roast	Meat Free Sausage Patties in a Bread Roll	Cauliflower Cheese Grills
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	Whole-wheat Pasta	White and Brown Rice	Mash Potato	Hash Brown	Chunky Oven Chips
	Sweetcorn and Mixed Peppers	Vegetables included in Rice	Sweetcorn and Diced Carrots	Baked Beans	Mixed Vegetables
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Jam Tart	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	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	14/01/2019 04/02/2019	15/01/2019 05/02/2019	16/01/2019 06/02/2019	17/01/2019 07/02/2019	18/01/2019 08/02/2019
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Red Tractor Roast Turkey	Crumb Coated Chicken Grill	Sausages Wrapped in Bacon	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Jumbo Fish Finger
<b>Option 2 (V)</b>	Cauliflower and Broccoli Cheese	Vegetarian Fajitas (Separate Tortillas)	Quorn Sausages	Sweet Potato Falafel Bites in a Tomato Sauce and Garlic Bread	Cheese and Tomato Pizza
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	Oven Roast Potatoes	White and Brown Rice	Mash Potato	Whole Wheat Pasta	Herby Diced Potatoes
	Cut Green Beans and Sweetcorn	Peas and Sweetcorn	Baked Beans	Peas and Extra Salad	Baby Carrots and Cauliflower
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	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
	21/01/2019 11/02/2019	22/01/2019 12/02/2019	23/01/2019 13/02/2019	24/01/2019 14/02/2019	25/01/2019 15/02/2019
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Chargrill Chicken	Red Tractor Lamb Grill	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Curry with Naan Bread	Crumb Coated Cod Whole Fish Fillets
<b>Option 2 (V)</b>	Vegetable Cheese Lattice slice	Vegetarian Cottage Pie	Vegetarian Quorn Meatballs	Cauliflower and Chick Peas Curry with Naan Bread	Quorn Dippers Bites
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	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
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	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](http://www.blackpepperlunches.com), whether you pay by 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

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