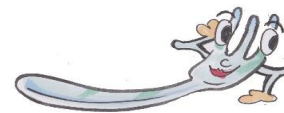




Black Pepper School Lunches

February/April 2019



	25/02/2019 18/03/2019 08/04/2019	26/02/2019 19/03/2019 09/04/2019	27/02/2019 20/03/2019 10/04/2019	28/02/2019 21/03/2019 11/04/2019	01/03/2019 22/03/2019 12/04/2019
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Tikka Curry and Naan Bread	Roast Pork	Healthy option Beef Burger in a Bread Roll	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Chilli	Vegetarian Roast	Vegetarian burger in a Bread Roll	Cauliflower Cheese Grills
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	Whole-wheat Pasta	White and Brown Rice	Mash Potato	Potato Balls (Pommes)	Chunky Oven Chips
	Sweetcorn and Mixed Peppers	Vegetables included in Main	Sweetcorn and Diced Carrots	Baked Beans	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Jam Tart	Swiss Roll	Shortbread	Lemon Drizzle Cake	Coco Sponge and Custard Piping
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



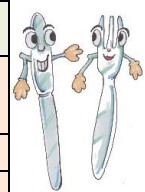
	04/03/2019 25/03/2019	05/03/2019 26/03/2019	06/03/2019 27/03/2019	07/03/2019 28/03/2019	08/03/2019 29/03/2019
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Red Tractor Roast Turkey	Chicken Nuggets with separate Sweet and Sour Sauce	Sausages Wrapped in Bacon	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Jumbo Fish Finger
Option 2 (V)	Cauliflower and Broccoli Cheese	Vegetarian Nuggets with separate Sweet and Sour Sauce	Quorn Sausages	Ravioli Roasted Root Vegetables with Garlic Bread	Cheese and Tomato Pizza
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	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
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Oaty Flapjacks	Victoria Jam Sandwich	Vanilla and Chocolate Marble Cake	Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	11/03/2019 01/04/2019	12/03/2019 02/04/2019	13/03/2019 03/04/2019	14/03/2019 04/04/2019	15/03/2019 05/04/2019
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chargrill Chicken	Hot Dogs	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Curry with Naan Bread	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Quorn Dippers Bites	Vegetarian Hot Dog	Vegetarian Meatballs in a Tomato and Basil Sauce with Garlic Bread	Cauliflower and Chick Peas Curry with Naan Bread	Vegetable Burger
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	Oven Baked Potato Wedges	Oven Baked Chips	Whole Wheat Pasta	White and Brown Rice	Mash Potato
	Peas and Carrots	Baked Beans	Sweetcorn and Extra Salad	Extra vegetables in curry	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Chocolate Sponge and Custard	Oaty Flapjacks	Toffee Sponge	Coco Brownies
	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/UFMS.
 * Salad and Bread is provided each day. Non of our food is deep fried. V = Suitable for vegetarian.

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

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