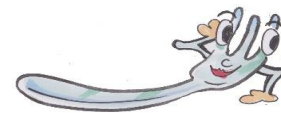




Black Pepper School Lunches

April/May 2019

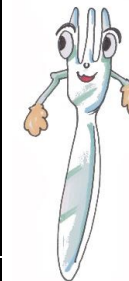


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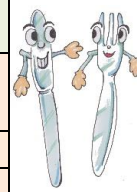
	23/04/2019	24/04/2019	25/04/2019	26/04/2019
	13/05/2019	14/05/2019	15/05/2019	16/05/2019
Week 1	Monday	Tuesday	Wednesday	Thursday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Tikka Curry and Naan Bread	Roast Pork	Healthy option Beef Burger in a Bread Roll
Option 2 (V)	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Chilli	Vegetarian Roast	Vegetarian burger in a Bread Roll
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 Wedges
	Sweetcorn and Mixed Peppers	Vegetables included in Main	Sweetcorn and Diced Carrots	Baked Beans
Dessert or Yogurt or Fresh Fruit (V)	Jam Tart	Sponge and Chocolate Custard	Shortbread	Lemon Drizzle Cake
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit
	29/04/2019	30/04/2019	01/05/2019	02/05/2019
	20/05/2019	21/05/2019	22/05/2019	23/05/2019



	29/04/2019	30/04/2019	01/05/2019	02/05/2019	03/05/2019
	20/05/2019	21/05/2019	22/05/2019	23/05/2019	24/05/2019
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	Oat Flapjacks	Honey Sponge cake	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
		07/05/2019	08/05/2019	09/05/2019	10/05/2019



	07/05/2019	08/05/2019	09/05/2019	10/05/2019
Week 3	Monday	Tuesday	Wednesday	Thursday
Option 1	Chargrill Chicken	Hot Dogs	Bolognaise with Garlic Bread	Chicken Curry with Naan Bread
Option 2 (V)	Quorn Dippers Bites	Vegetarian Hot Dog	Vegetarian Bolognaise with Garlic Bread	Cauliflower and Chick Peas Curry with Naan Bread
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
	Peas and Carrots	Baked Beans	Sweetcorn and Extra Salad	Extra vegetables in curry
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Swiss Roll	Oat Flapjacks	Toffee Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	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 UFSM Y / N FSM Y / N

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