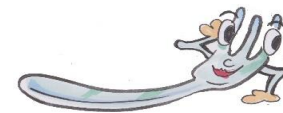




Black Pepper School Lunches

June/July 2019

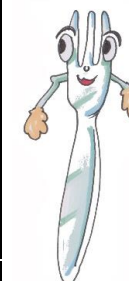


	03/06/2019 24/06/2019 15/07/2019	04/06/2019 25/06/2019 16/07/2019	05/06/2019 26/06/2019 17/07/2019	06/06/2019 27/06/2019 18/07/2019	07/06/2019 28/06/2019 19/07/2019
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Curry with Naan Bread	Pork Steak	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 Wedges	Chunky Oven Chips
	Sweetcorn and Peas	Vegetables included in Main	Sweetcorn and Diced Carrots	Baked Beans	Mixed Vegetables
Dessert or	Jam Tart	Swiss Roll	Shortbread	Vanilla and Strawberry Marble Cake	Chocolate and Cherry Marble Sponge
Yogurt or	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



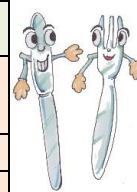
	10/06/2019 01/07/2019	11/06/2019 02/07/2019	12/06/2019 03/07/2019	13/06/2019 04/07/2019	14/06/2019 05/07/2019
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Red Tractor Roast Turkey	Battered Chicken Steak with separate BBQ Sauce	Sausages 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 BBQ 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	Fruit Jelly	Oat Flapjacks	Jam and Coconut Sponge	Chocolate and Mango Sponge	Coco Brownies
Yogurt or	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	17/06/2019 08/07/2019	18/06/2019 09/07/2019	19/06/2019 10/07/2019	20/06/2019 11/07/2019	21/06/2019 12/07/2019
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chargrill Chicken and BBQ Sauce	Bolognese with Garlic Bread	Hot Dogs	Chicken and Pepperoni Pasta in a Tomato and Basil Sauce	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Quorn Dippers Bites	Vegetarian Bolognese with Garlic Bread	Vegetarian Hot Dog	Vegetarian Pasta in a Tomato Sauce	Cheese and Tomato Pizza
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	White and Brown Rice	Pennine Pasta	Oven Baked Wedges	Fusilli Pasta	Oven chips
	Peas and Carrots	Sweetcorn and Extra Salad	Baked Beans	Vegetables included in Main	Mixed Vegetables
Dessert or	Fruit Jelly	Chocolate and Banana Marble Sponge	Oat Flapjacks	Coco Brownies	Mousse Squares
Yogurt or	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 card or entitled to FSM/UFM.

* 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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