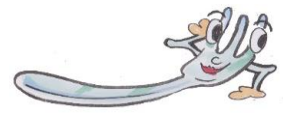


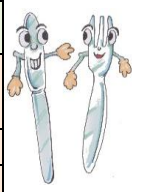


# Black Pepper School Lunches

## September/October 2019



	23/09/2019 14/10/2019	03/09/2019 24/09/2019 15/10/2019	04/09/2019 25/09/2019 16/10/2019	05/09/2019 26/09/2019 17/10/2019	06/09/2019 27/09/2019 18/10/2019
<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	Chicken Curry with Naan Bread	Roast Chicken, Separate Gravy	Healthy option Beef Burger in a Bread Roll	Crumb Coated Cod Whole Fish Fillets
<b>Option 2 (V)</b>	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Chilli	Vegetarian Roast, Separate Gravy	Vegetarian burger in a Bread Roll	Cauliflower Cheese Grills
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	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
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Jam Tart	Jam and Coconut Sponge	Coco Brownies	Vanilla and Strawberry Marble Cake	Chocolate and Cherry Marble Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	09/09/2019 30/09/2019 21/10/2019	10/09/2019 01/10/2019 22/10/2019	11/09/2019 02/10/2019 23/10/2019	12/09/2019 03/10/2019 24/10/2019	13/09/2019 04/10/2019 25/10/2019
<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	Battered Chicken Steak	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 Fingers	Quorn Sausages	Ravioli Roasted Root Vegetables with Garlic Bread	Cheese and Tomato Pizza
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	Oven Roast Potatoes	White and Brown Rice	Mash Potato	Pasta	Herby Diced Potatoes
	Whole 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	Oat Flapjacks	Swiss Roll	Chocolate and Mango Sponge	Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	16/09/2019 07/10/2019	17/09/2019 08/10/2019	18/09/2019 09/10/2019	19/09/2019 10/10/2019	20/09/2019 11/10/2019
<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 and BBQ Sauce	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Hot Dogs	Hand Made Beef Pasty	Crumb Coated Cod Whole Fish Fillets
<b>Option 2 (V)</b>	Quorn Dippers Bites	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Hot Dog	Vegetarian Grill	Cheese and Tomato Pizza
<b>Option 3</b>	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
<b>Carbohydrates &amp; Vegetables</b>	White and Brown Rice	Pasta	Oven Baked Wedges	Mash Potato	Oven chips
	Peas and Carrots	Sweetcorn and Extra Salad	Baked Beans	Peas and Baby Carrots	Mixed Vegetables
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Fruit Jelly	Chocolate and Banana Marble Sponge	Oat Flapjacks	Coco Brownies	Chocolate and Custard Sponge
	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.

### Specials

<b>3rd September</b>	Special Menu	Chicken Nuggets or Vegetarian Nuggets	Potato Cubes	Baked Beans	Swiss Roll or Fruit Yogurt or Fruit
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