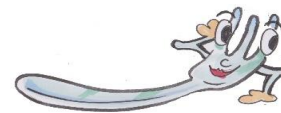




# Black Pepper School Lunches

## November/December 2019

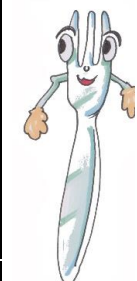


	04/11/2019 25/11/2019 16/12/2019	05/11/2019 26/11/2019 17/12/2019	06/11/2019 27/11/2019 18/12/2019	07/11/2019 28/11/2019 19/12/2019	08/11/2019 29/11/2019 20/12/2019
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Red Tractor Roast Turkey	Hot Dogs	Chicken Curry with Naan Bread	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Crumb Coated Cod Whole Fish Fillets
<b>Option 2 (V)</b>	Cauliflower and Broccoli Cheese	Vegetarian Hot Dog	Vegetable Ratatouille	Ravioli Roasted Root Vegetables with Garlic Bread	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>	Oven Roast Potatoes	Oven Baked Wedges	White and Brown Rice	Pasta	Chunky Oven Chips
	Peas and Carrots	Baked Beans	Vegetables included in Main	Peas and Extra Salad	Mixed Vegetables
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Jam Tarts	Chocolate and Orange Sponge	Coco Brownies	Vanilla and Chocolate Marble Cake	Vanilla Sponge with Jam Piping
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



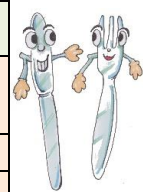
	11/11/2019 02/12/2019	12/11/2019 03/12/2019	13/11/2019 04/12/2019	14/11/2019 05/12/2019	15/11/2019 06/12/2019
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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Battered Chicken Steak	Spaghetti Bolognaise	Healthy option Beef Burger in a Bread Roll	Sausages Wrapped in Bacon	Jumbo Fish Finger
<b>Option 2 (V)</b>	Vegetarian Fingers	Vegetarian Spaghetti Bolognaise	Vegetarian burger in a Bread Roll	Quorn Sausages	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 Twist	Oven Baked Wedges	Mash Potato	Herby Diced Potatoes
	Peas and Sweetcorn	Vegetables included in Main	Baked Beans	Peas	Baby Carrots and Cauliflower
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Fruit Jelly	Vanilla Sponge with Chocolate Piping	Swiss Roll	Oat Flapjacks	Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	18/11/2019 09/12/2019	19/11/2019 10/12/2019	20/11/2019 11/12/2019	21/11/2019 12/12/2019	22/11/2019 13/12/2019
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<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	Sausages, Yorkshire Pudding and Separate Gravy	Chicken Grills	Fish Star Cakes
<b>Option 2 (V)</b>	Quorn Dippers Bites	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Roast, Separate Gravy	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	Mash Potato	Oven Baked Wedges	Oven chips
	Peas and Carrots	Sweetcorn and Extra Salad	Sweetcorn and Diced Carrots	Peas and Baby Carrots	Mixed Vegetables
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Fruit Jelly	Chocolate and Strawberry Marble Sponge	Oat Flapjacks	Coco Brownies	Vanilla Sponge with Apple and Custard Piping
	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 cash, cheque, 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

16th December (Malvern), 18th December (Bromyard)	Christmas Meal	Turkey, pigs'n'blankets, Stuffing (Vegetarian Roast)	Roast Potato	Carrots and Sprouts	Christmas Biscuit
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