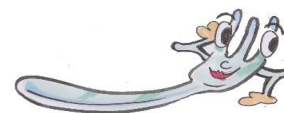


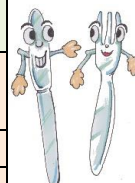
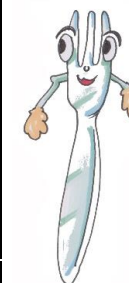


Black Pepper School Lunches

January/February 2020



	06/01/2020 27/01/2020	07/01/2020 28/01/2020	08/01/2020 29/01/2020	09/01/2020 30/01/2020	10/01/2020 31/01/2020
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	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
Option 2 (V)	Cauliflower and Broccoli Cheese	Vegetarian Hot Dog	Vegetable Curry	Ravioli Roasted Root Vegetables with Garlic Bread	Cauliflower Cheese Grills
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	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
Dessert or Yogurt or Fresh Fruit (V)	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
	13/01/2020 03/02/2020	14/01/2020 04/02/2020	15/01/2020 05/02/2020	16/01/2020 06/02/2020	17/01/2020 07/02/2020
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Battered Chicken Steak	Diced Ham in a Tomato Sauce with Garlic Bread	Healthy option Beef Burger in a Bread Roll	Sausages Wrapped in Bacon	Jumbo Fish Finger
Option 2 (V)	Vegetarian Fingers	Vegetarian Meatballs, in a Tomato Sauce with Garlic Bread	Vegetarian burger in a Bread Roll	Quorn Sausages	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	Pasta Twist	Oven Baked Wedges	Mash Potato	Herby Diced Potatoes
	Peas and Sweetcorn	Vegetables included in Main	Baked Beans	Peas	Baby Carrots and Cauliflower
Dessert or Yogurt or Fresh Fruit (V)	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
	20/01/2020 10/02/2020	21/01/2020 11/02/2020	22/01/2020 12/02/2020	23/01/2020 13/02/2020	24/01/2020 14/02/2020
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	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
Option 2 (V)	Quorn Dippers Bites	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Roast, Separate Gravy	Vegetarian Grill	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	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
Dessert or Yogurt or Fresh Fruit (V)	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, whether you pay by cash, cheque, card or entitled to FSM/UFM.

* Salad and Bread is provided each day. Non of our food is deep fried. V = Suitable for vegetarian.