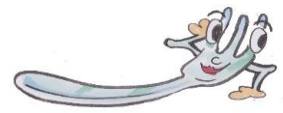




Black Pepper School Lunches

February/March 2020



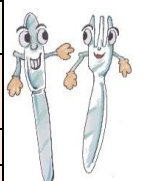
	24/02/2020 16/03/2020	25/02/2020 17/03/2020	26/02/2020 18/03/2020	27/02/2020 19/03/2020	28/02/2020 20/03/2020
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Hot Dogs	Beef Lasagne with Garlic Bread	Chicken Curry with Naan Bread	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Falafals in a Tomato Sauce with Garlic Bread	Vegetarian Hot Dog	Vegetable Lasagne with Garlic Bread	Vegetable Curry	Cauliflower Cheese Grills
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V) and Tuna Mayo (served each day)				
Carbohydrates & Vegetables	Pasta	Oven Baked Wedges	Pasta in main	White and Brown Rice	Chunky Oven Chips
	Peas and Extra Salad	Baked Beans	Peas and Sweetcorn	Vegetables included in Main	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Jam Tarts	Chocolate and Orange Sponge	Iced finger Roll	Coco Brownies	Apple Crumble and Cream
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	02/03/2020 23/03/2020	03/03/2020 24/03/2020	04/03/2020 25/03/2020	05/03/2020 26/03/2020	06/03/2020 27/03/2020



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Battered Chicken Steak	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Healthy option Beef Burger in a Bread Roll	Sausages and Yorkshre Puddings and Seperate Gravy	Jumbo Fish Finger
Option 2 (V)	Vegetarian Fingers	Ravioli Roasted Root Vegetables with Garlic Bread	Vegetarian burger in a Bread Roll	Vegetarian Sausages and Yorkshre Puddings and Seperate Gravy	Cheese and Tomato Pizza
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V) and 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	Coco Sponge and Custard Piping	Oat Flapjacks	Coco Brownies	Shortbread
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit
	09/03/2020 30/03/2020	10/03/2020 31/03/2020	11/03/2020 01/04/2020	12/03/2020 02/04/2020	13/03/2020 03/04/2020



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roast Chicken and Seperate Gravy	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Beef Shepherds Pie	Chicken Goujons	Fish Star Cakes
Option 2 (V)	Quorn Roast and Seperate Gravy	Falafals in a Tomato Sauce and Garlic Bread	Vegetarian Shepherds Pie	Quorn Dippers	Cheese and Tomato Pizza
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)				
Carbohydrates & Vegetables	Roast Potatoes	Pasta	Mash Potato (on Main)	Oven Baked Wedges	Oven chips
	Peas and Carrots	Sweetcorn and Extra Salad	Sweetcorn and Diced Carrots	Baked Bean	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Banana and Choc Chip Sponge	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



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



Specials

Tuesday 24th February 2020	Pancake day - Dessert Pancake (Contains Dairy and Gluten)		Tuesday 17th March 2020	St. Patricks Day - Dessert Lime Jelly	
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School Childs Name Class UFMSM Y / N FSM Y / N