

Black Pepper School Lunches

September/October 2020



	21/09/2020 12/10/2020	01/09/2020 22/09/2020 13/10/2020	02/09/2020 23/09/2020 14/10/2020	03/09/2020 24/09/2020 15/10/2020	04/09/2020 25/09/2020 16/10/2020
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Hot Dogs	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Lamb Grills	Chicken Curry with Naan Bread	Crumb Coated Cod Whole Fish Fillets
Option 2 (V)	Vegetarian Hot Dog	Falafals in a Tomato Sauce with Garlic Bread	Vegetable Burger	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	Oven Baked Wedges	Pasta	Mash Potato	White and Brown Rice	Chunky Oven Chips
	Baked Beans	Peas and Extra Salad	Peas and Sweetcorn	Vegetables included in Main	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Jam Tarts	Chocolate and Orange Sponge	Oat Flapjacks	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



	07/09/2020 28/09/2020 19/10/2020	08/09/2020 29/09/2020 20/10/2020	09/09/2020 30/09/2020 21/10/2020	10/09/2020 01/10/2020 22/10/2020	11/09/2020 02/10/2020 23/10/2020
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	Yogurt Sponge Cake	Coco Brownies	Shortbread
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	14/09/2020 05/10/2020	15/09/2020 06/10/2020	16/09/2020 07/10/2020	17/09/2020 08/10/2020	18/09/2020 09/10/2020
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roast Chicken and Seperate Gravy	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Sausage Roll	Chicken Goujons	Fish Star Cakes
Option 2 (V)	Quorn Roast and Seperate Gravy	Falafals in a Tomato Sauce and Garlic Bread	Cheese and Onion Roll	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	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.

* Order online at 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

Tuesday 1st September 2020	Welcome Back Day	Dessert Option 1 - Jam Doughnuts	Wednesday 2nd September 2020	Welcome Back Day (2)	Carbohydrates - Potato Sliced Fries
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School Childs Name Class UFSM Y / N FSM Y / N