



Black Pepper School Lunches

Bromyard June/July 2022



	06/06/2022 27/06/2022 18/07/2022	07/06/2022 28/06/2022 19/07/2022	08/06/2022 29/06/2022 20/07/2022	09/06/2022 30/06/2022 21/07/2022	10/06/2022 01/07/2022 22/07/2022
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Roast	Beef Burger in a Bread Roll	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Pigs n Blankets	Breaded Fish
Option 2 (V)	Quorn Roast	Vegetable Burger in a Bread Roll	Veg. Falafels in a Tomato and Basil Sauce with Garlic Bread	Vegetable Sausage	Cheese and Tomato Pizza
Option 3	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna
Side	Oven Roast Potatoes	Hash Brown Nuggets	Pasta Twist	Herby Diced Potatoes	Oven Baked Wedges
Vegetables	Peas and Diced Carrots	Baked Beans	Homemade Tomato and Basil sauce	Baked Beans	Peas and Sweetcorn
Dessert or Yogurt or Fresh Fruit (V)	Mousse - Raspberry Ripple	Homemade Oat Flapjacks	Homemade Coco Brownies	Jelly and Squirry Cream	Homemade Chocolate and Cherry Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit



	13/06/2022 04/07/2022	14/06/2022 05/07/2022	15/06/2022 06/07/2022	16/06/2022 07/07/2022	17/06/2022 08/07/2022
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken	Sausage Roll	Chicken Curry with Naan Bread	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Harry Ramsden's Seaside Fish
Option 2 (V)	Quorn Chicken	Vegetable Sausage Roll	Vegetable Curry with Naan Bread	Veg. Falafels in a Tomato and Basil Sauce with Garlic Bread	Cheese and Tomato Pizza
Option 3	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna
Side	Oven Roast Potatoes	Potato Croquettes	White and Brown Rice	Pasta Twist	Oven Baked Wedges
Vegetables	Sweetcorn and Baby Carrots	Baked Beans	Tomato based Curry Sauce	Homemade Tomato and Basil sauce	Peas and Diced Carrots
Dessert or Yogurt or Fresh Fruit (V)	Mousse - Chocolate	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Banana and Chocolate Sponge	Jelly and Squirry Cream
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit



	20/06/2022 11/07/2022	21/06/2022 12/07/2022	22/06/2022 13/07/2022	23/06/2022 14/07/2022	24/06/2022 15/07/2022
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	All Day Breakfast (Sausage, Bacon)	Chicken Nuggets	Hot Dog	Ham and Cheese Macaroni Bake	Breaded Pollock
Option 2 (V)	Quorn All Day Breakfast (Sausage, Nugget)	Vegetable Fingers	Quorn Nacho's	Broccoli Cheese Macaroni Bake	Cheese and Tomato Pizza
Option 3	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna	Jacket Potatoes, Cheese, Beans or Tuna
Side	Hash Brown	Oven Baked Wedges	Herby Diced Potatoes	Garlic Bread	Oven Baked Wedges
Vegetables	Baked Beans	Peas and Sweetcorn	Sweetcorn and Diced Carrots	Peas and Sweetcorn	Sweetcorn and Diced Carrots
Dessert or Yogurt or Fresh Fruit (V)	Doughnut - Jam	Homemade Sponge with Jam Piping	Jelly and Squirry Cream	Mousse - Strawberry	Homemade Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	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/UFMS.
 Menu may change due to stock levels available from suppliers

