



# Black Pepper School Lunches

Malvern Sept/October 2022



	05/09/2022 26/09/2022 17/10/2022	06/09/2022 27/09/2022 18/10/2022	07/09/2022 28/09/2022 19/10/2022	08/09/2022 29/09/2022 20/10/2022	09/09/2022 30/09/2022 21/10/2022
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Chicken Roast	Sausage Roll	Meatballs in a Tomato and Basil Sauce	Chicken Curry with Naan Bread	Harry Ramsden Fish
<b>Option 2 (V)</b>	Quiche Cheese and Onion	Creamy Vegetable Pie	Vegetable Falafels in a Tomato and Basil Sauce	Cauliflower and Chick-pea Curry with Naan Bread	Cheese and Tomato Pizza
<b>Option 3</b>	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
<b>Side</b>	Oven Roast Potatoes	Diced Potatoes	Pasta and Garlic Bread	White and Brown Rice	Oven Baked Wedges
<b>Vegetables</b>	Mix Vegetables	Baked Beans	Homemade Tomato and Basil sauce	Tomato based Curry Sauce	Green Beans and Sweetcorn
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	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



	12/09/2022 03/10/2022	13/09/2022 04/10/2022	14/09/2022 05/10/2022	15/09/2022 06/10/2022	16/09/2022 07/10/2022
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	All Day Breakfast (Sausage, Bacon)	Crumb Coated Chicken Grill	Savoury Mince	Meatballs in a Tomato and Basil Sauce	Breaded Pollock Fish
<b>Option 2 (V)</b>	Plain Omelette	Ratatouille topped with sauteed potato	Quorn Mince	Sweet potato Falafels in a Tomato and Basil Sauce	Cheese and Tomato Pizza
<b>Option 3</b>	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
<b>Side</b>	Hash Brown Nuggets	Sauteed Potatoes	White and Brown Rice	Pasta and Garlic Bread	Oven Baked Wedges
<b>Vegetables</b>	Baked Beans	Peas and Sweetcorn	Peas and Diced Carrots	Homemade Tomato and Basil sauce	Peas and Fluted Carrots
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Mousse - Chocolate	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Mango 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



	19/09/2022 10/10/2022	20/09/2022 11/10/2022	21/09/2022 12/10/2022	22/09/2022 13/10/2022	23/09/2022 14/10/2022
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Breaded Chicken	Healthy Beef Burger	Chicken strips with Vegetable Rice	Beef Bolognaise	Chunky Fish Finger with Omega-3
<b>Option 2 (V)</b>	Quorn Buffalo Wings	Lentil and Vegetable Burger	Quorn strips with Vegetable Rice	Broccoli Cheese Pasta Bake	Cheese and Tomato Pizza
<b>Option 3</b>	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
<b>Side</b>	Oven Roast Potatoes	Sauteed Potatoes	White and Brown Rice	Pasta Twist	Oven Baked Wedges
<b>Vegetables</b>	Sweetcorn and Baby Carrots	Baked Beans	with sauce	Homemade Tomato sauce	Carrots and Peas
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	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](http://www.blackpepperlunches.com), whether you pay by card or entitled to FSM/UFMSM.  
 Menu may change due to stock levels available from suppliers

