



Black Pepper School Lunches

Bromyard Nov/Dec 2022



	31/10/2022 21/11/2022 12/12/2022	01/11/2022 22/11/2022 13/12/2022	02/11/2022 23/11/2022 14/12/2022	03/11/2022 24/11/2022 15/12/2022	04/11/2022 25/11/2022 16/12/2022
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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce	Sausage Roll	Chicken Roast	Chicken Curry with Naan Bread	Breaded Fish
Option 2 (V)	Vegetable Falafels in a Tomato and Basil Sauce	Vegan Sausage Roll	Quiche Cheese and Onion	Cauliflower and Chick-pea Curry with Naan 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	Pasta and Garlic Bread	Diced Potatoes	Oven Roast Potatoes	White and Brown Rice	Oven Baked Wedges
Vegetables	Homemade Tomato and Basil sauce	BBQ Baked Beans	Baby Carrot and Peas	Tomato based Curry Sauce	Green Beans and Sweetcorn
Dessert or Yogurt or Fresh Fruit (V)	Mousse - Chocolate	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



	07/11/2022 28/11/2022	08/11/2022 29/11/2022	09/11/2022 30/11/2022	10/11/2022 01/12/2022	11/11/2022 02/12/2022
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	All Day Breakfast (Sausage, Bacon)	Chicken Slice	Savoury Mince	Meatballs in a Tomato and Basil Sauce	Breaded Lemon Sole Grill
Option 2 (V)	Plain Omelette	Cheese and Onion Slice	Quorn Mince	Sweet potato Falafels in a Tomato and Basil Sauce	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 Nuggets	Potatoes Cubes	White and Brown Rice	Pasta and Garlic Bread	Oven Baked Wedges
Vegetables	Baked Beans	Sweetcorn	Peas and Baby Carrots	Homemade Tomato and Basil sauce	Peas and Baby Carrots
Dessert or Yogurt or Fresh Fruit (V)	Jelly and Squirry Cream	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Mango and Chocolate Sponge	Cheese and Crackers
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit



	14/11/2022 05/12/2022	15/11/2022 06/12/2022	16/11/2022 07/12/2022	17/11/2022 08/12/2022	18/11/2022 09/12/2022
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken	Hot Dog	Chicken strips with Vegetable Rice	Beef Bolognaise	Chunky Fish Finger with Omega-3
Option 2 (V)	Quorn Buffalo Wings	Veggi Dog	Quorn strips with Vegetable Rice	Broccoli Cheese Pasta	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	Potatoes Cubes	White and Brown Rice	Pasta Twist	Oven Baked Wedges
Vegetables	Sweetcorn and Baby Carrots	BBQ Baked Beans	with sauce	Homemade Tomato sauce	Carrots and Peas
Dessert or Yogurt or Fresh Fruit (V)	Doughnut - Jam	Mousse - Strawberry	Homemade Sponge with Jam Piping	Jelly and Squirry Cream	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

