



Black Pepper School Lunches

Malvern 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 |
| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Option 1 | Chicken Roast | Sausage Roll | Meatballs in a Tomato and Basil Sauce | Chicken Curry with Naan Bread | Breaded Fish |
| Option 2 (V) | Quiche Cheese and Onion | Vegan Sausage Roll | Vegetable Falafels in a Tomato and Basil Sauce | 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 | Oven Roast Potatoes | Potatoes Cubes | Pasta and Garlic Bread | White and Brown Rice | Oven Baked Wedges |
| Vegetables | Baby Carrot and Peas | BBQ Baked Beans | Homemade Tomato and Basil sauce | 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 |
| 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 |
| 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/UFMSM. Menu may change due to stock levels available from suppliers

