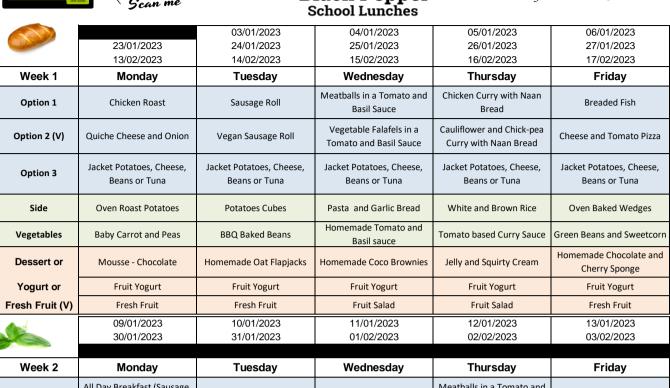






Black Pepper School Lunches

Bromyard Jan/Feb 2023



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	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
-	Option 1	All Day Breakfast (Sausage, Bacon)	Chicken Slice	Battered Chicken Chunks	Meatballs in a Tomato and Basil Sauce	Breaded Lemon Sole Grill
	Option 2 (V)	Plain Omelette	Cheese and Onion Slice	Quorn Chunks	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			
	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	American Style Pancake with Topping	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Toffee Sponge	Cheese and Crackers
	Yogurt or	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit (V)	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit
11871		16/01/2023 06/02/2023	17/01/2023 07/02/2023	18/01/2023 08/02/2023	19/01/2023 09/02/2023	20/01/2023 10/02/2023
1	- 11					

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				
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	Doughnut - Jam	Jelly and Squirty Cream	Homemade Sponge with Jam Piping	Mousse - Strawberry	Homemade Coco Brownies
Yogurt or	Fruit Yogurt				
Fresh Fruit (V)	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/UFSM.

Menu may change due to stock levels available from suppliers



























