



# Black Pepper School Lunches

Bromyard Jan/Feb 2023



	23/01/2023 13/02/2023	03/01/2023 24/01/2023 14/02/2023	04/01/2023 25/01/2023 15/02/2023	05/01/2023 26/01/2023 16/02/2023	06/01/2023 27/01/2023 17/02/2023
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



	09/01/2023 30/01/2023	10/01/2023 31/01/2023	11/01/2023 01/02/2023	12/01/2023 02/02/2023	13/01/2023 03/02/2023
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	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)	American Style Pancake with Topping	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Toffee Sponge	Cheese and Crackers
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit



	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
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	Jelly and Squirry Cream	Homemade Sponge with Jam Piping	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

