





## Black Pepper School Lunches

## Malvern Jan/Feb 2023

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			03/01/2023	04/01/2023	05/01/2023	06/01/2023
	The same of the sa	23/01/2023	24/01/2023	25/01/2023	26/01/2023	27/01/2023
		13/02/2023	14/02/2023	15/02/2023	16/02/2023	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	Mousse - Chocolate	Homemade Oat Flapjacks	Homemade Coco Brownies	Jelly and Squirty Cream	Homemade Chocolate and Cherry Sponge
	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
•		09/01/2023	10/01/2023	11/01/2023	12/01/2023	13/01/2023
		30/01/2023	31/01/2023	01/02/2023	02/02/2023	03/02/2023
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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	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	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
		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
Ī	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
ŀ	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

Doughnut - Jam

Fruit Yogurt

Fresh Fruit

Jelly and Squirty Cream

Fruit Yogurt

Fresh Fruit

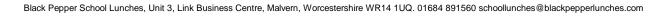


Homemade Coco Brownies

Fruit Yogurt

Fresh Fruit





Homemade Sponge with

Jam Piping

Fruit Yogurt

Fruit Salad

Mousse - Strawberry

Fruit Yogurt

Fruit Salad

Dessert or

Yogurt or

Fresh Fruit (V)

<sup>\*</sup> 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