



# Black Pepper School Lunches

Malvern June/July 2023

	05/06/2023 26/06/2023 17/07/2023	06/06/2023 27/06/2023 18/07/2023	07/06/2023 28/06/2023 19/07/2023	08/06/2023 29/06/2023 20/07/2023	09/06/2023 30/06/2023 21/07/2023
<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Chicken Roast	Sausage Roll	Meatballs in a Tomato and Basil Sauce	Chicken Curry with Naan Bread	Breaded Fish
<b>Option 2 (V)</b>	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
<b>Option 3</b>	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
<b>Side</b>	Oven Roast Potatoes	Potatoes Cubes	Pasta and Garlic Bread	White and Brown Rice	Oven Baked Wedges
<b>Vegetables</b>	Baby Carrot and Peas	Baked Beans	Homemade Tomato and Basil sauce	Tomato based Curry Sauce	Green Beans and Sweetcorn
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Pancake	Homemade Oat Flapjacks	Homemade Coco Brownies	Jelly and Squirty Cream	Homemade Chocolate and Cherry Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	12/06/2023 03/07/2023 24/07/2023	13/06/2023 04/07/2023 25/07/2023	14/06/2023 05/07/2023	15/06/2023 06/07/2023	16/06/2023 07/07/2023
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	All Day Breakfast (Sausage, Bacon)	Creamy Cheese and Ham and Parcel	Breaded Chicken	Meatballs in a Tomato and Basil Sauce	Breaded Lemon Sole Grill
<b>Option 2 (V)</b>	Plain Omelette	Quorn Jambon Vegan & Cheese Crown	Vegetable Burger	Sweet potato Falafels in a Tomato and Basil Sauce	Cheese and Tomato Pizza
<b>Option 3</b>	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
<b>Side</b>	Hash Brown Nuggets	Potatoes Cubes	White and Brown Rice	Pasta and Garlic Bread	Oven Baked Wedges
<b>Vegetables</b>	Baked Beans	Sweetcorn	Peas and Baby Carrots	Homemade Tomato and Basil sauce	Peas and Baby Carrots
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Chocolate Flavour Pudding	Homemade Oat Flapjacks	Homemade Sponge with Custard Piping	Homemade Toffee Sponge	Homemade Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	19/06/2023 10/07/2023	20/06/2023 11/07/2023	21/06/2023 12/07/2023	22/06/2023 13/07/2023	23/06/2023 14/07/2023
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Option 1</b>	Breaded Chicken	Hot Dog	Chicken Nuggets with Vegetable Rice	Chicken and Tomato Pasta	Chunky Fish Finger with Omega-3
<b>Option 2 (V)</b>	Quorn Burger	Veggi Dog	Quorn Nuggets with Vegetable Rice	Broccoli Cheese Pasta	Cheese and Tomato Pizza
<b>Option 3</b>	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
<b>Side</b>	Oven Roast Potatoes	Potatoes Cubes	White and Brown Rice	Pasta Twist	Oven Baked Wedges
<b>Vegetables</b>	Sweetcorn and Baby Carrots	Baked Beans	with sauce	Homemade Tomato sauce	Carrots and Peas
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Doughnut - Jam	Homemade Banana Sponge	Homemade Sponge with Jam Piping	Jelly and Cream	Vanilla Flavour Pudding
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	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.blackpepperschoollunches.com](http://www.blackpepperschoollunches.com), whether you pay by card or entitled to FSM/UFMS. Menu may change due to stock levels available from suppliers