



Black Pepper School Lunches

Bromyard Sept/Oct 2023

	06/11/2023 27/11/2023 18/12/2023	07/11/2023 28/11/2023 19/12/2023	08/11/2023 29/11/2023 20/12/2023	09/11/2023 30/11/2023 21/12/2023	10/11/2023 01/12/2023 22/12/2023
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roast Chicken	Hot Dog	Meatballs in a Tomato and Basil Sauce	Chicken Curry with Naan Bread	Breaded Fish
Option 2 (V)	Quorn Roast	Veggi Dog	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	Sweetcorn and Carrots	Baked Beans	Homemade Tomato and Basil sauce with main	Tomato based Curry Sauce with main	Mixed Veg
Dessert or Yogurt or Fresh Fruit (V)	Vanilla Flavour Pudding	Homemade Sponge with Custard Piping	Jelly and Squirty Cream	Fruit Flapjack	Homemade Cherry Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	13/11/2023 04/12/2023 25/12/2023	14/11/2023 05/12/2023 26/12/2023	15/11/2023 06/12/2023 27/12/2023	16/11/2023 07/12/2023 28/12/2023	17/11/2023 08/12/2023 29/12/2023
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Creamy Cheese and Ham and Parcel	All Day Breakfast (Pigs n blankets)	Breaded Chicken	Meatballs in a Tomato and Basil Sauce	Breaded Lemon Sole Grill
Option 2 (V)	Vegetable Fingers	Plain Omelette	Vegetable Burger	Vegetable 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	Potatoes Cubes	Hash Brown Nuggets	White and Brown Rice	Pasta and Garlic Bread	Oven Baked Wedges
Vegetables	Sweetcorn and Peas	Baked Beans	Peas and Carrots	Homemade Tomato and Basil sauce with main	Mixed Veg
Dessert or Yogurt or Fresh Fruit (V)	Chocolate Flavour Pudding	Fruit Flapjack	Homemade Fruit Crumble	Jelly and Squirty Cream	Homemade Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	20/11/2023 11/12/2023	21/11/2023 12/12/2023	22/11/2023 13/12/2023	23/11/2023 14/12/2023	24/11/2023 15/12/2023
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Roast Chicken	Sausage	Chicken Curry with Naan Bread	Chicken and Tomato Pasta	Fishcake
Option 2 (V)	Quorn Roast	Vegetable Fingers	Cauliflower and Chick-pea Curry with Naan Bread	Quorn and Tomato 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 Mash	White and Brown Rice	Pasta Twist	Potatoes Cubes
Vegetables	Sweetcorn and Peas	Baked Beans	Tomato based Curry Sauce with main	Homemade Tomato sauce with main	Mixed Veg
Dessert or Yogurt or Fresh Fruit (V)	BlueBerry Muffin	Jelly and Squirty Cream	Vanilla Flavour Pudding	Homemade Sponge with Jam Piping	Homemade Banana Sponge
	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.blackpepperlunches.com, whether you pay by card or entitled to FSM/UFSM.

Menu may change due to stock levels available from suppliers

