



Black Pepper School Lunches

Malvern Nov/Dec 2023

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|--|--|--|---|---|--|
|  | 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 | 14/11/2023 05/12/2023 | 15/11/2023 06/12/2023 | 16/11/2023 07/12/2023 | 17/11/2023 08/12/2023 |
| 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

