



# Black Pepper School Lunches

Bromyard Feb/March 2024



19/02/2024 11/03/2024	20/02/2024 12/03/2024	21/02/2024 13/03/2024	22/02/2024 14/03/2024	23/02/2024 15/03/2024
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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Roast Chicken	Pigs n Blankets	Meatballs in a Tomato and Basil Sauce	Chicken Tikka Curry	Breaded Pollock
<b>Option 2 (V)</b>	Quorn Fillet	Omelette	Vegetable Falafels in a Tomato and Basil Sauce	Vegetable Curry	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	Baked Hash Brown Bites	Pasta and Garlic Bread	Pilau Rice	Oven Baked Wedges
<b>Vegetables</b>	Batton Carrots and Green Beans	Baked Beans	Homemade Tomato and Basil sauce with main	Tomato based Curry Sauce with main	Mixed Veg
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Blueberry Muffin	Homemade Vanilla Sponge with Custard Piping	Jelly and Cream	Fruit Flapjack	Pinapple Upside Down Cake and Custard
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



26/02/2024 18/03/2024	27/02/2024 19/03/2024	28/02/2024 20/03/2024	29/02/2024 21/03/2024	01/03/2024 22/03/2024
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Bangers and Mash	Roast Chicken	Meatballs in a Tomato and Basil Sauce	Chicken Curry	Breaded Fish
<b>Option 2 (V)</b>	Veggie Bangers and Mash	Quorn Fillet	Vegetable Falafels in a Tomato and Basil Sauce	Vegetable Curry	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>	Potatoes Mash	Oven Roast Potatoes	Pasta and Garlic Bread	Pilau Rice	Oven Saute Potato
<b>Vegetables</b>	Baked Beans	Cauliflower Cheese	Homemade Tomato and Basil sauce with main	Tomato based Curry Sauce with main	Mixed Veg
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Chocolate Flavour Pudding	Fruit Cobbler	Brownie	Jam Sponge Piping Cake	Fruit Flapjack
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit



04/03/2024	05/03/2024	06/03/2024	07/03/2024	08/03/2024
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Breaded Chicken Steaks with Separate Chinese curry Sauce	BBQ Chicken Pizza	Sausage Roll	Chicken and Tomato Pasta	Fish Fingers
<b>Option 2 (V)</b>	Quorn Burger	Cheese and Tomato Pizza	Veggie Sausage Roll	Cheese and Broccoli Pasta Bake	Vegetable Fingers
<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>	White and Brown Rice	Potatoes Cubes	Baked Hash Brown Bites	Pasta Twist	Oven Baked Wedges
<b>Vegetables</b>	Sliced Carrots and Peas	Sweetcorn and Green Beans	Baked Beans	Homemade Tomato sauce with main	Mixed Veg
<b>Dessert or Yogurt or Fresh Fruit (V)</b>	Vanilla Flavour Pudding	Fruit Crumble and Custard	Brownie	Jelly and Squirry Cream	Homemade Raspberry 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](http://www.blackpepperlunches.com), whether you pay by card or entitled to FSM/UFSM. Menu may change due to stock levels available from suppliers

