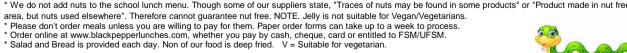


Black Pepper School Lunches February/March 2020





	24/02/2020	25/02/2020	26/02/2020	27/02/2020	28/02/2020	
	16/03/2020	17/03/2020	18/03/2020	19/03/2020	20/03/2020	
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Hot Dogs	Beef Lasagne	Chicken Curry with Naan Bread	Crumb Coated Cod Whole Fish Fillets	
Option 2 (V)	Falafals in a Tomato Sauce with Garlic Bread	Vegetarian Hot Dog	Vegetable Lasagne	Vegetable Curry	Cauliflower Cheese Grills	
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V) and Tuna Mayo (served each day)					
Carbohydrates & Vegetables					a	
	Pasta	Oven Baked Wedges	Pasta in main	White and Brown Rice	Chunky Oven Chips	
	Peas and Extra Salad	Baked Beans	Vegetables included in Main	Vegetables included in Main	Mixed Vegetables	
Dessert or	Jam Tarts	Chocolate and Orange Sponge	Iced finger Roll	Coco Brownies	Apple Crumble and Cream	
Yogurt or	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit	
	02/03/2020	03/03/2020	04/03/2020	05/03/2020	06/03/2020	
	23/03/2020	24/03/2020	25/03/2020	26/03/2020	27/03/2020	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
Option 1	Battered Chicken Steak	Meatballs in a Tomato and Basil Sauce with Garlic	Healthy option Beef Burger	Sausages and Yorkshre Puddings and Seperate	Jumbo Fish Finger	
Option i	Battered emeken steak	Bread	in a Bread Roll	Gravv	Julibo Hall Hilger	
Option 2 (V)	Vegetarian Fingers	Ravioli Roasted Root Vegetables with Garlic Bread	Vegetarian burger in a Bread Roll	Vegetarian Sausages and Yorkshre Puddings and Seperate Gravy	Cheese and Tomato Pizza	
Ontion 3	Jacket Potatoes with a choice of fillings					
Option 3		Beans(V), Ch	eese (V) and Tuna Mayo (serv	ed each day)		
Carbohydrates & Vegetables	White and Brown Rice	Pasta Twist	Oven Baked Wedges	Mash Potato	Herby Diced Potatoes	
	Peas and Sweetcorn	Vegetables included in Main	Baked Beans	Peas	Baby Carrots and Cauliflower	
Dessert or	Fruit Jelly	Coco Sponge and Custard	Oat Flapjacks	Coco Brownies	Shortbread	
Yogurt or	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	
Fresh Fruit (V)	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit	
	09/03/2020	10/03/2020	11/03/2020	12/03/2020	13/03/2020	
	30/03/2020	31/03/2020	01/04/2020	02/04/2020	03/04/2020	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Option 1	Roast Chicken and Seperate Gravy	Meatballs in a Tomato and Basil Sauce with Garlic	Beef Shepherds Pie	Chicken Goujons	Fish Star Cakes	
Option 2 (V)	Quorn Roast and Seperate Gravy	Bread Falafals in a Tomato Sauce and Garlic Bread	Vegetarian Shepherds Pie	Quorn Dippers	Cheese and Tomato Pizza	
Option 3	Jacket Potatoes with a choice of fillings Beans(V), Cheese (V), Tuna Mayo (served each day)					
Carbohydrates & Vegetables	Roast Potatoes	Pasta	Mash Potato (on Main)	Oven Baked Wedges	Oven chips	
	Peas and Carrots	Sweetcorn and Extra Salad	Sweetcorn and Diced Carrots	Baked Bean	Mixed Vegetables	
December of	E. 20 I.II	Banana and Choc Chip	Swiss Roll	Oat Flapjacks	Coco Brownies	
Dessert or	Fruit Jelly	Sponge				
Yogurt or	Fruit Jelly Fruit Yogurt	Sponge Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	



Specials

Pancake day - Dessert Tuesday 24th Pancake (Contains February 2020 Dairy and Gluten)



Tuesday 17th March	St.	
2020	Des	

Patricks Day ssert Lime Jelly



Class UFSM Y / N





