



Black Pepper School Lunches

September/October 2021



	06/09/2021 27/09/2021 18/10/2021	07/09/2021 28/09/2021 19/10/2021	08/09/2021 29/09/2021 20/10/2021	09/09/2021 30/09/2021 21/10/2021	10/09/2021 01/10/2021 22/10/2021
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Chicken Curry with Naan Bread	Roast Chicken, Separate Gravy	Healthy option Beef Burger in a Bread Roll	Cheese and Tomato Pizza
Option 2 (V)	Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Vegetarian Curry	Vegetarian Roast, Separate Gravy	Vegetarian burger in a Bread Roll	Vegetable Finger
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
Carbohydrates & Vegetables	Pasta	White and Brown Rice	Oven Roast Potatoes	Potato Wedges	Chunky Oven Chips
	Sweetcorn and Peas	Vegetables included in Main	Sweetcorn and Diced Carrots	Baked Beans	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Jam Tart	Blueberry Muffin Cake	Coco Brownies	Fruit Sponge and Custard Sauce	Chocolate and Cherry Marble Sponge
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	13/09/2021 04/10/2021	14/09/2021 05/10/2021	15/09/2021 06/10/2021	16/09/2021 07/10/2021	17/09/2021 08/10/2021
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Battered Chicken Steak and Separate Sweet and Sour Sauce	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Veg Burger in a Bread Roll	Sausages and Yorkshire Puddings and Separate Gravy	Jumbo Fish Finger
Option 2 (V)	Vegetarian burger and Separate Sweet and Sour Sauce	Ravioli Roasted Root Vegetables with Garlic Bread	Bean Burger in a Bread Roll	Vegetarian Sausages and Yorkshire Puddings and Separate Gravy	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
Carbohydrates & Vegetables	White and Brown Rice	Pasta Twist	Oven Baked Wedges	Oven Roast Potatoes	Herby Diced Potatoes
	Peas and Sweetcorn	Vegetables included in Main	Baked Beans	Peas and Green Beans	Baby Carrots and Cauliflower
Dessert or Yogurt or Fresh Fruit (V)	Apple Pie and Custard	Banana Cake	Oat Flapjacks	Chocolate and Mango Sponge	Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	Fresh Fruit	Fresh Fruit



	20/09/2021 11/10/2021	21/09/2021 12/10/2021	22/09/2021 13/10/2021	23/09/2021 14/10/2021	24/09/2021 15/10/2021
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Vegetable and cheese bake and Separate Gravy	Meatballs in a Tomato and Basil Sauce with Garlic Bread	Hot Dog	Chicken Goujons	Fish Cakes
Option 2 (V)	Quorn Roast and Separate Gravy	Falafels in a Tomato Sauce and Garlic Bread	Vegetarian Hot Dog	Vegetarian Dippers	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
Carbohydrates & Vegetables	Oven Roast Potatoes	Pasta	Oven Baked Wedges	White and Brown Rice	Oven chips
	Peas and Carrots	Sweetcorn and Extra Salad	Mixed Vegetables	Sweetcorn and Baby Carrots	Mixed Vegetables
Dessert or Yogurt or Fresh Fruit (V)	Fruit Jelly	Chocolate and Banana Marble Sponge	Oat Flapjacks	Chocolate Sponge and Chocolate Custard Sauce	Coco Brownies
	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt	Fruit Yogurt
	Fresh Fruit	Fruit Salad	Fruit Salad	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



Meat Free Days

School Childs Name..... Class UFSM Y / N FSM Y / N

Black Pepper School Lunches, Unit 3, Link Business Centre, Malvern, Worcestershire WR14 1UQ. 01684 891560 schoollunches@blackpepperlunches.com