

Black Pepper School Menu

Winter 2011



	31/10/2011 21/11/2011 12/12/2011	01/11/2011 22/11/2011 13/12/2011	02/11/2011 23/11/2011 14/12/2011	03/11/2011 24/11/2011 15/12/2011	04/11/2011 25/11/2011 16/12/2011
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Curry [2]	Spaghetti Bolognaise with Pasta Twists	Hot Dog	Chicken and Leek Pie (Separate pie lid) [3]	Cod Breaded Bites
Option 2 (Vegetarian)	Vegetable Curry	Quorn Bolognaise with Pasta Twists	Vegetarian Sausage Hot Dog	Vegetable Pie (separate pie lid)	Veggie Fingers [1]
Option 3	Jacket Potato with Cheese and Baked Beans (G)	Thick vegetable soup with bread roll	Jacket Potato with Children's Ratatouille (G)	Beef and Tomato soup with bread roll	Jacket Potato with Cheese and Baked Beans (G)
Vegetables	Rice N/A	Garlic Bread Sweetcorn	Potato Wedges Baked Beans	Roast Potato Peas and Carrots	Mashed Potato Mixed Vegetables
Dessert or Fresh Fruit	Jelly (G) Fresh Fruit Selection	Chocolate Cream Swiss Roll Fresh Fruit Salad	Strawberry Mousse (G) Fresh Fruit Salad	Blueberry Muffin Fresh Fruit Salad	Jam Tart and Custard Fresh Fruit Selection



	07/11/2011 28/11/2011	08/11/2011 29/11/2011	09/11/2011 30/11/2011	10/11/2011 01/12/2011	11/11/2011 02/12/2011
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Sausage Roll	Cheese and Tomato Pizza	Roast Chicken (Separate Gravy)	Meatballs in a Rich Tomato sauce with Pasta Twists	Baked Breaded Pollock Fish Fillets
Option 2 (Vegetarian)	Cheese and Onion sausage Roll	Spicy Bean Burger [1]	Vegetable Grill [1] (Separate Gravy)	Rich Tomato Sauce and Vegetable Pasta Twists	Spicy Bean Burger [1]
Option 3	Jacket Potato with Cheese and Baked Beans (G)	Chicken noodle soup with bread roll	Jacket Potato with Tuna and Sweetcorn (G)	Tomato and Basil soup with bread roll	Jacket Potato with Cheese and Baked Beans (G)
Vegetables	Mashed Potato Baked Beans	Potato Wedges Mixed Vegetables	Roast Potatoes Cabbage	Garlic Bread Peas and Carrots	New Potatoes Broccoli
Dessert or Fresh Fruit	Chocolate Chip Muffin Fresh Fruit Selection	Vanilla Cream Swiss Roll Fresh Fruit Salad	Jelly (G) Fresh Fruit Salad	Flapjack [1] Fresh Fruit Salad	Sponge and Custard Fresh Fruit Selection



	14/11/2011 05/12/2011	15/11/2011 06/12/2011	16/11/2011 07/12/2011	17/11/2011 08/12/2011	18/11/2011 09/12/2011
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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Breaded Chicken Goujons [1]	Beef Burger in a Bun	Roasted Pork Steak (Separate Gravy)	Beef Lasagne	Salmon and Potato Fishcakes
Option 2 (Vegetarian)	Vegetable Pasta Bake	Vegetarian Burger in a Bun	Vegetarian Fingers [1]	Vegetarian Lasagne	Cheese and Tomato Pizza
Option 3	Jacket Potato with Cheese and Baked Beans (G)	Potato and Leek soup with bread roll	Jacket Potato with Bacon and Cheese (G)	Minestrone soup with bread roll	Jacket Potato with Cheese and Baked Beans (G)
Vegetables	Vegetable Rice N/A	Roast Potatoes Cauliflower	Potato Wedges Baked Beans	Garlic Bread Mixed Vegetables	1/2 Jacketed Potato Peas and Carrots
Dessert or Fresh Fruit	Raspberry Ripple Mousse (G) Fresh Fruit Selection	Chocolate sponge and Custard Fresh Fruit Salad	Jelly (G) Fresh Fruit Salad	Toffee Rice Krispy Cakes [1] Fresh Fruit Salad	Iced Bun Fresh Fruit Selection



[1] 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. Salad is available every day. G = Gluten Free V = Suitable for vegetarian. This menu and order forms can be found at <http://www.ceuoriental.co.uk/blackpepper.html>

[2] 31st October - Halloween menu. Chicken Ghoulish Goulash, Vegetable Ghoulish Goulash, Mash Potato and Chocolate Spook Cake.

[3] 15th December - Christmas menu. Turkey, Vegetable cutlets, roast potatoes and vegetables, Chocolate cake. No Jackets. (Malvern Wells - 14th December)