

# Black Pepper School Meals - Allergies Notes

Ver. 13-02-2015 15:06

[1]. Filling for JP's Baked Beans(V), Cheese(V) - Milk, Tuna/Sweetcorn and Mayo - Egg

[2] Nuts - ( Almonds, Hazelnuts, Walnuts, Pecan nuts, Brazil nuts, Pistachio, Cashew & Macadamia (Queensland) nuts )

[3] Molluscs ( Clams, Snails, Mussels, Welks, Oysters and Squid )

[4] Crustaceans ( Prawns, Crabs, Lobster and Crayfish )

Day	Date	Menu	Eggs	Milk	Cereals containing Gluten	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes			
Monday	23/02/2015	Roast Chicken																		
		Quorn Roast	Y				Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Yogurt		Y																
		Fresh Fruit																		
		Oven Roast Potato																		
		Peas and Carrots																		
Tuesday	24/02/2015	Local Pork Sausage			Y															
		Tomato Soup with Bread Roll (V)		Y	Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Chocolate Brownies	Y	Y	Y															
		Fresh Fruit Salad																		
		Creamed Mash		Y																
		Baked Beans																		
Wednesday	25/02/2015	Spaghetti Bolognese with wholegrain pasta			Y															
		Meat Free Bolognese (V) with wholegrain pasta		Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Pear Upside-down Cake and Custard		Y																
		Fresh Fruit Salad																		
		Garlic Bread		Y	Y															
		Baked Beans																		
Thursday	26/02/2015	Chicken Curry																		
		Cheese and Tomato Pizza with Potato Noisettes (V)		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Individual Ice Cream		Y																
		Fresh Fruit																		
		Naan Bread		Y	Y															
		White/Brown Rice																		
Friday	27/02/2015	Baked Breaded Pollock Fish Fillets	Y	Y	Y	Y		Y												
		Vegetarian Burger (V)	Y	Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Apple Flapjack			Y							Y								
		Fresh Fruit																		
		Oven Wedges																		
Sweetcorn & Carrots																				

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Day	Date	Menu	Eggs	Milk	Cereals containing	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes		
Monday	02/03/2015	Meatballs in a tomato and basil sauce	Y		Y														
		Vegetarian Meatballs in a tomato and basil sauce (V)		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Individual Ice Cream		Y															
		Fresh Fruit																	
		Garlic Bread		Y	Y														
		Extra Salad																	
Tuesday	03/03/2015	Sausage Roll	Y	Y	Y		Y	Y											
		Meat Free Sausage Roll (V)		Y				Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Strawberry Mousse		Y	Y							Y							
		Fresh Fruit Salad																	
		Creamed Mash		Y															
		Baked Beans																	
Wednesday	04/03/2015	Breaded Chicken Grills									Y								
		Breaded Meat Free Steak		Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly (Not Vegetarian)																	
		Fresh Fruit Salad																	
		White/Brown Rice																	
		and Sweetcorn																	
Thursday	05/03/2015	Roast Pork																	
		Quorn Roast (V)		Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Red Berry Shortbread			Y							Y							
		Fresh Fruit																	
		Oven Roast Potato																	
		Mixed Vegetables																	
Friday	06/03/2015	Jumbo Fish Finger	Y		Y	Y	Y												
		French bread Pizza (V)		Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Jam and custard Sponge Cake	Y		Y														
		Fresh Fruit																	
		Oven Wedges																	
		Peas and Carrots																	

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Day	Date	Menu	Eggs	Milk	Cereals containing	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes			
Monday	09/03/2015	Roast Chicken						Y												
		Meat Free Breaded fillets (V)					Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y			Y										[1]. See Above	
		Jam Tart and Custard		Y	Y															
		Fresh Fruit																		
		Oven Roast Potato																		
		Mixed Vegetables																		
Tuesday	10/03/2015	BBQ Chicken					Y				Y									
		Vegetarian Sausage (V)		Y		Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y			Y										[1]. See Above	
		Berry & Apple Topped Sponge Cake	Y		Y							Y								
		Fresh Fruit Salad																		
		White/Brown Rice																		
		with Peas and Carrots																		
Wednesday	11/03/2015	Pork Ravioli in Tomato Sauce	Y	Y	Y				Y											
		Vegetable Ravioli in Tomato Sauce		Y	Y				Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y			Y										[1]. See Above	
		Fruit Jelly (Not Vegetarian)																		
		Fresh Fruit Salad																		
		Garlic Bread		Y	Y															
		Seasonal vegetables																		
Thursday	12/03/2015	Roast Beef																		
		Quorn Roast (V)		Y				Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y			Y										[1]. See Above	
		Chocolate Crunch	Y	Y	Y															
		Fresh Fruit																		
		Potato Mash		Y																
		Floret Mix																		
Friday	13/03/2015	Salmon Fish Cake	Y	Y	Y	Y		Y												
		Cheese and Tomato Pizza (V)		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y			Y										[1]. See Above	
		Individual Ice Cream		Y																
		Fresh Fruit																		
		Potato Wedges			Y															
		Peas and Carrots																		

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Day	Date	Menu	Eggs	Milk	Cereals containing	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes			
Monday	16/03/2015	Roast Chicken																		
		Quorn Roast	Y				Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Yogurt		Y																
		Fresh Fruit																		
		Oven Roast Potato																		
		Peas and Carrots																		
Tuesday	17/03/2015	Local Pork Sausage			Y															
		Tomato Soup with Bread Roll (V)		Y	Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Chocolate Brownies	Y	Y	Y															
		Fresh Fruit Salad																		
		Creamed Mash		Y																
		Baked Beans																		
Wednesday	18/03/2015	Spaghetti Bolognese with wholegrain pasta			Y															
		Meat Free Bolognese (V) with wholegrain pasta		Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Pear Upside-down Cake and Custard		Y																
		Fresh Fruit Salad																		
		Garlic Bread		Y	Y															
		Peas and Sweetcorn																		
Thursday	19/03/2015	Chicken Curry																		
		Cheese and Tomato Pizza with Potato Noisettes (V)		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Individual Ice Cream		Y																
		Fresh Fruit																		
		Naan Bread		Y	Y															
		White/Brown Rice																		
Friday	20/03/2015	Baked Breaded Pollock Fish Fillets	Y	Y	Y	Y		Y												
		Vegetarian Burger (V)	Y	Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Apple Flapjack			Y							Y								
		Fresh Fruit																		
		Oven Wedges																		
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Day	Date	Menu	Eggs	Milk	Cereals containing	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes		
Monday	23/03/2015	Meatballs in a tomato and basil sauce	Y		Y														
		Vegetarian Meatballs in a tomato and basil sauce (V)		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Individual Ice Cream		Y															
		Fresh Fruit																	
		Garlic Bread		Y	Y														
		Extra Salad																	
Tuesday	24/03/2015	Sausage Roll	Y	Y	Y		Y	Y											
		Meat Free Sausage Roll (V)		Y				Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Strawberry Mousse		Y	Y							Y							
		Fresh Fruit Salad																	
		Creamed Mash		Y															
		Baked Beans																	
Wednesday	25/03/2015	Breaded Chicken Grills									Y								
		Breaded Meat Free Steak		Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly (Not Vegetarian)																	
		Fresh Fruit Salad																	
		White/Brown Rice																	
		and Sweetcorn																	
Thursday	26/03/2015	Roast Pork																	
		Quorn Roast (V)		Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Red Berry Shortbread			Y							Y							
		Fresh Fruit																	
		Oven Roast Potato																	
		Mixed Vegetables																	
Friday	27/03/2015	Jumbo Fish Finger	Y		Y	Y		Y											
		French bread Pizza (V)		Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Jam and custard Sponge Cake	Y		Y														
		Fresh Fruit																	
		Oven Wedges																	
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Monday	30/03/2015	Roast Chicken						Y												
		Meat Free Breaded fillets (V)					Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Jam Tart and Custard		Y	Y															
		Fresh Fruit																		
		Oven Roast Potato																		
		Mixed Vegetables																		
Tuesday	31/03/2015	BBQ Chicken					Y	Y			Y									
		Vegetarian Sausage (V)		Y		Y	Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Berry & Apple Topped Sponge Cake	Y		Y							Y								
		Fresh Fruit Salad																		
		White/Brown Rice																		
		with Peas and Carrots																		
Wednesday	01/04/2015	Pork Ravioli in Tomato Sauce	Y	Y	Y				Y											
		Vegetable Ravioli in Tomato Sauce		Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Fruit Jelly (Not Vegetarian)																		
		Fresh Fruit Salad																		
		Garlic Bread		Y	Y															
		Seasonal vegetables																		
Thursday	02/04/2015	Roast Beef																		
		Quorn Roast (V)		Y			Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Chocolate Crunch	Y	Y	Y															
		Fresh Fruit																		
		Potato Mash		Y																
		Floret Mix																		
Friday	03/04/2015	Salmon Fish Cake	Y	Y	Y	Y		Y												
		Cheese and Tomato Pizza (V)		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Individual Ice Cream		Y																
		Fresh Fruit																		
		Potato Wedges			Y															
		Peas and Carrots																		

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Monday	06/04/2015	Roast Chicken																		
		Quorn Roast	Y				Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Yogurt		Y																
		Fresh Fruit																		
		Oven Roast Potato																		
		Peas and Carrots																		
Tuesday	07/04/2015	Local Pork Sausage			Y															
		Tomato Soup with Bread Roll (V)		Y	Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Chocolate Brownies	Y	Y	Y															
		Fresh Fruit Salad																		
		Creamed Mash		Y																
		Baked Beans																		
Wednesday	08/04/2015	Spaghetti Bolognese with wholegrain pasta			Y															
		Meat Free Bolognese (V) with wholegrain pasta		Y	Y			Y	Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Pear Upside-down Cake and Custard		Y																
		Fresh Fruit Salad																		
		Garlic Bread		Y	Y															
		Peas and Sweetcorn																		
Thursday	09/04/2015	Chicken Curry																		
		Cheese and Tomato Pizza with Potato Noisettes (V)		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Individual Ice Cream		Y																
		Fresh Fruit																		
		Naan Bread		Y	Y															
		White/Brown Rice																		
Friday	10/04/2015	Baked Breaded Pollock Fish Fillets	Y	Y	Y	Y		Y												
		Vegetarian Burger (V)	Y	Y	Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Apple Flapjack			Y							Y								
		Fresh Fruit																		
		Oven Wedges																		
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Monday	13/04/2015	Meatballs in a tomato and basil sauce	Y		Y														
		Vegetarian Meatballs in a tomato and basil sauce (V)		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Individual Ice Cream		Y															
		Fresh Fruit																	
		Garlic Bread		Y	Y														
		Extra Salad																	
Tuesday	14/04/2015	Sausage Roll	Y	Y	Y		Y	Y											
		Meat Free Sausage Roll (V)		Y				Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Strawberry Mousse		Y	Y							Y							
		Fresh Fruit Salad																	
		Creamed Mash		Y															
		Baked Beans																	
Wednesday	15/04/2015	Breaded Chicken Grills									Y								
		Breaded Meat Free Steak		Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly (Not Vegetarian)																	
		Fresh Fruit Salad																	
		White/Brown Rice																	
		and Sweetcorn																	
Thursday	16/04/2015	Roast Pork																	
		Quorn Roast (V)		Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Red Berry Shortbread			Y							Y							
		Fresh Fruit																	
		Oven Roast Potato																	
		Mixed Vegetables																	
Friday	17/04/2015	Jumbo Fish Finger	Y		Y	Y		Y											
		French bread Pizza (V)		Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Jam and custard Sponge Cake	Y		Y														
		Fresh Fruit																	
		Oven Wedges																	
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