

Black Pepper School Meals - Allergies Notes

Ver. 24-07-2018 10:03

[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), [5] Bread Rolls contain Gluten and Milk

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	03/09/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y															
		Ravioli Roasted Root Vegetables with Garlic Bread	Y		Y						Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Jam Tart and Custard	Y	Y	Y															
		Fresh Fruit																		
		Whole-wheat Pasta			Y															
		Sweetcorn																		
Tuesday	04/09/2018	Caribbean Chicken and Vegetable Rice			Y		Y													
		Vegetable and Cheese Country Bake and Vegetable Rice	Y	Y	Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Sponge Cake with Apple and Custard Piping	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas included in with rice																		
Wednesday	05/09/2018	Roast Pork																		
		Vegetarian Roast		Y			Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Shortbread		Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Peas included in with rice																		
Thursday	06/09/2018	Healthy option Beef Burger in a Bread Roll			Y													Roll only		
		Meat Free Sausage Patties in a Bread Roll			Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Lemon Drizzle Cake	Y	Y	Y															
		Fresh Fruit																		
		Hash Brown																		
		Baked Beans																		
Friday	07/09/2018	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y												
		Cauliflower Cheese Grills	Y	Y	Y			Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Sponge Cake with Jam Piping	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		Mixed Vegetables																		

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

[4] Crustaceans (Prawns, Crabs, Lobster and Crayfish), [5] Bread Rolls contain Gluten and Milk

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	10/09/2018	Roast Turkey																		
		Cauliflower and Broccoli Cheese		Y	Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Fruit Jelly																		
		Fresh Fruit																		
		Oven Roast Potatoes																		
		Cut Green Beans and Sweetcorn																		
Tuesday	11/09/2018	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Victoria Sandwich Cake	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Bake Beans																		
Wednesday	12/09/2018	Chicken Goujons			Y															
		Quorn Goujons	Y	Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Oaty Fruity Flapjacks			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Thursday	13/09/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y															
		Sweet Potato Falafel Bites in a Tomato Sauce and Garlic Bread	Y		Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Vanilla and Chocolate Marble Cake	Y	Y	Y															
		Fresh Fruit																		
		Whole Wheat Pasta			Y															
		Peas and Extra Salad																		
Friday	14/09/2018	Jumbo Fish Finger		Y	Y	Y		Y												
		Cheese and Tomato Pizza		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Toffee Sponge	Y	Y	Y															
		Fresh Fruit																		
		Herby Diced Potatoes			Y															
		Julienne Carrots and Baby Corn																		

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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	17/09/2018	Chicken Skewer and Sausage			Y															
		Quorn Southern Style Bites		Y	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Mousse		Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		Baked Beans																		
Tuesday	18/09/2018	Hunters Chicken		Y																
		Vegetable Cheese Lattice slice	Y	Y	Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Chocolate Sponge and Custard	Y	Y	Y															
		Fruit Salad																		
		Herby Diced Potatoes			Y															
		Swede and Carrot Mash																		
Wednesday	19/09/2018	Lasagne and Garlic Bread		Y	Y		Y													
		Vegetable Lasagne and Garlic Bread		Y	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Coco Brownies	Y	Y	Y														Cookie Day Only	
		Fruit Salad																		
		Pasta included in main			Y															
		Sweetcorn and Extra Salad																		
Thursday	20/09/2018	Chicken Curry with Naan Bread		Y	Y													Naan Only		
		Quorn Curry and Chick Peas with Naan Bread		Y	Y													Naan Only		
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Apple Crumble and Cream		Y	Y															
		Fresh Fruit																		
		White and Brown Rice																		
		Extra vegetables in curry																		
Friday	21/09/2018	Fish Pie		Y		Y														
		Vegetarian Cottage Pie		Y	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Oaty Fruity Flapjacks			Y															
		Fresh Fruit																		
		Mash Potato included in main																		
		Green Beans and Baby 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	24/09/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y															
		Ravioli Roasted Root Vegetables with Garlic Bread	Y		Y						Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Jam Tart and Custard	Y	Y	Y															
		Fresh Fruit																		
		Whole-wheat Pasta			Y															
		Sweetcorn																		
Tuesday	25/09/2018	Caribbean Chicken and Vegetable Rice			Y		Y													
		Vegetable and Cheese Country Bake and Vegetable Rice	Y	Y	Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Sponge Cake with Apple and Custard Piping	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas included in with rice																		
Wednesday	26/09/2018	Roast Pork																		
		Vegetarian Roast		Y			Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Shortbread		Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Green Beans and Diced Carrots																		
Thursday	27/09/2018	Healthy option Beef Burger in a Bread Roll			Y														Roll only	
		Meat Free Sausage Patties in a Bread Roll			Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Lemon Drizzle Cake	Y	Y	Y															
		Fresh Fruit																		
		Hash Brown																		
		Baked Beans																		
Friday	28/09/2018	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y												
		Cauliflower Cheese Grills	Y	Y	Y			Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Sponge Cake with Jam Piping	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		Mixed Vegetables																		

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Monday	01/10/2018	Roast Turkey																		
		Cauliflower and Broccoli Cheese		Y	Y			Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Fruit Jelly																		
		Fresh Fruit																		
		Oven Roast Potatoes																		
		Cut Green Beans and Sweetcorn																		
Tuesday	02/10/2018	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Victoria Sandwich Cake	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Bake Beans																		
Wednesday	03/10/2018	Chicken Goujons			Y															
		Quorn Goujons	Y	Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Oaty Fruity Flapjacks			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Thursday	04/10/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y															
		Sweet Potato Falafel Bites in a Tomato Sauce and Garlic Bread	Y		Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Vanilla and Chocolate Marble Cake	Y	Y	Y															
		Fresh Fruit																		
		Whole Wheat Pasta			Y															
		Peas and Extra Salad																		
Friday	05/10/2018	Jumbo Fish Finger		Y	Y	Y		Y												
		Cheese and Tomato Pizza		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Toffee Sponge	Y	Y	Y															
		Fresh Fruit																		
		Herby Diced Potatoes			Y															
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Monday	08/10/2018	Chicken Skewer and Sausage			Y														
		Quorn Southern Style Bites		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Mousse		Y	Y														
		Fresh Fruit																	
		Chunky Oven Chips																	
		Baked Beans																	
Tuesday	09/10/2018	Hunters Chicken		Y															
		Vegetable Cheese Lattice slice	Y	Y	Y		Y	Y			Y								
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Chocolate Sponge and Custard	Y	Y	Y														
		Fruit Salad																	
		Herby Diced Potatoes			Y														
		Swede and Carrot Mash																	
Wednesday	10/10/2018	Lasagne and Garlic Bread		Y	Y		Y												
		Vegetable Lasagne and Garlic Bread		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Coco Brownies	Y	Y	Y													Cookie Day Only	
		Fruit Salad																	
		Pasta included in main			Y														
		Sweetcorn and Extra Salad																	
Thursday	11/10/2018	Chicken Curry with Naan Bread		Y	Y												Naan Only		
		Quorn Curry and Chick Peas with Naan Bread		Y	Y		Y										Naan Only		
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Apple Crumble and Cream		Y	Y														
		Fresh Fruit																	
		White and Brown Rice																	
		Extra vegetables in curry																	
Friday	12/10/2018	Fish Pie		Y		Y													
		Vegetarian Cottage Pie		Y	Y		Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Oaty Fruity Flapjacks			Y														
		Fresh Fruit																	
		Mash Potato included in main			Y														
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Monday	15/10/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y															
		Ravioli Roasted Root Vegetables with Garlic Bread	Y		Y		Y				Y									
		Jacket Potatoes with a choice of fillings	Y	Y			Y		Y										[1]. See Above	
		Jam Tart and Custard	Y	Y	Y															
		Fresh Fruit																		
		Whole-wheat Pasta				Y														
		Sweetcorn																		
Tuesday	16/10/2018	Caribbean Chicken and Vegetable Rice			Y		Y													
		Vegetable and Cheese Country Bake and Vegetable Rice	Y	Y	Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y			Y		Y											[1]. See Above
		Sponge Cake with Apple and Custard Piping	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas included in with rice																		
Wednesday	17/10/2018	Roast Pork																		
		Vegetarian Roast		Y			Y													
		Jacket Potatoes with a choice of fillings	Y	Y			Y		Y											[1]. See Above
		Shortbread		Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Green Beans and Diced Carrots																		
Thursday	18/10/2018	Healthy option Beef Burger in a Bread Roll			Y														Roll only	
		Meat Free Sausage Patties in a Bread Roll			Y		Y	Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y			Y		Y											[1]. See Above
		Lemon Drizzle Cake	Y	Y	Y															
		Fresh Fruit																		
		Hash Brown																		
		Baked Beans																		
Friday	19/10/2018	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y												
		Cauliflower Cheese Grills	Y	Y	Y			Y			Y									
		Jacket Potatoes with a choice of fillings	Y	Y			Y		Y											[1]. See Above
		Sponge Cake with Jam Piping	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		Mixed Vegetables																		

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Monday	22/10/2018	Roast Turkey																
		Cauliflower and Broccoli Cheese		Y	Y			Y										
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above
		Fruit Jelly																
		Fresh Fruit																
		Oven Roast Potatoes																
		Cut Green Beans and Sweetcorn																
Tuesday	23/10/2018	Sausages Wrapped in Bacon			Y													
		Quorn Sausages			Y		Y	Y										
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above
		Victoria Sandwich Cake	Y	Y	Y													
		Fruit Salad																
		Mash Potato																
		Bake Beans																
Wednesday	24/10/2018	Chicken Goujons			Y													
		Quorn Goujons	Y	Y	Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above
		Oaty Fruity Flapjacks			Y													
		Fruit Salad																
		White and Brown Rice																
		Peas and Sweetcorn																
Thursday	25/10/2018	Meatballs in a Tomato and Basil Sauce with Garlic Bread			Y													
		Sweet Potato Falafel Bites in a Tomato Sauce and Garlic Bread	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above
		Vanilla and Chocolate Marble Cake	Y	Y	Y													
		Fresh Fruit																
		Whole Wheat Pasta			Y													
		Peas and Extra Salad																
Friday	26/10/2018	Jumbo Fish Finger		Y	Y	Y		Y										
		Cheese and Tomato Pizza		Y	Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above
		Toffee Sponge	Y	Y	Y													
		Fresh Fruit																
		Herby Diced Potatoes			Y													
		Julienne Carrots and Baby Corn																

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