

Black Pepper School Meals - Allergies Notes

Ver. 23-01-2019 08:06

[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), [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	07/01/2019	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	Y	Y	Y															
		Fresh Fruit																		
		Whole-wheat Pasta			Y															
		Sweetcorn and Mixed Peppers																		
Tuesday	08/01/2019	Childrens Spanish Chicken																		
		Vegetarian Chilli	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																		
		Vegetables included in Rice																		
Wednesday	09/01/2019	Roast Pork																		
		Vegetarian Roast					Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Shortbread		Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Vegetables included in Rice																		
Thursday	10/01/2019	Healthy option Beef Burger in a Bread Roll			Y														Roll and Burger 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	11/01/2019	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y												
		Cauliflower Cheese Grills		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	14/01/2019	Red Tractor Roast Turkey																	
		Cauliflower and Broccoli Cheese	Y	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	15/01/2019	Crumb Coated Chicken Grill			Y														
		Vegetarian Fajitas (Separate Tortillas)			Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Coco Brownies			Y														
		Fruit Salad																	
		White and Brown Rice																	
		Peas and Sweetcorn																	
Wednesday	16/01/2019	Sausages Wrapped in Bacon			Y			Y											
		Quorn Sausages			Y		Y	Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Oaty Fruity Flapjacks	Y	Y	Y														
		Fruit Salad																	
		Mash Potato																	
		Baked Beans																	
Thursday	17/01/2019	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	18/01/2019	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														
		Baby Carrots and Cauliflower																	

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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	21/01/2019	Chargrill Chicken																	
		Vegetable Cheese Lattice slice	Y	Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Mousse		Y	Y														
		Fresh Fruit																	
		Oven Baked Potato Wedges			Y														
		Peas and Carrots																	
Tuesday	22/01/2019	Red Tractor Lamb Grill			Y							Y							
		Vegetarian Cottage Pie		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																	
		Mash Potato		Y															
		Baked Beans																	
Wednesday	23/01/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y														
		Vegetarian Quorn Meatballs		Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Victoria Sandwich Cake	Y	Y	Y														Cookie Day Only
		Fruit Salad																	
		Pasta included in main			Y														
		Sweetcorn and Extra Salad																	
Thursday	24/01/2019	Chicken Curry with Naan Bread			Y													Naan Only	
		Cauliflower and Chick Peas Curry with Naan Bread			Y														Nann 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	25/01/2019	Crumb Coated Cod Whole Fish Fillets			Y	Y													
		Quorn Dippers Bites		Y	Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Oaty Flapjacks			Y														
		Fresh Fruit																	
		Chunky Oven Chips																	
Mixed Vegetables																			

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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	28/01/2019	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	Y	Y	Y															
		Fresh Fruit																		
		Whole-wheat Pasta			Y															
		Sweetcorn and Mixed Peppers																		
Tuesday	29/01/2019	Childrens Spanish Chicken																		
		Vegetarian Chilli	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																		
		Vegetables included in Rice																		
Wednesday	30/01/2019	Roast Pork																		
		Vegetarian Roast					Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Shortbread		Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Sweetcorn and Diced Carrots																		
Thursday	31/01/2019	Healthy option Beef Burger in a Bread Roll			Y														Roll and Burger 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	01/02/2019	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y												
		Cauliflower Cheese Grills		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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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	04/02/2019	Red Tractor Roast Turkey																	
		Cauliflower and Broccoli Cheese	Y	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	05/02/2019	Crumb Coated Chicken Grill			Y														
		Vegetarian Fajitas (Separate Tortillas)			Y														
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Coco Brownies			Y														
		Fruit Salad																	
		White and Brown Rice																	
		Peas and Sweetcorn																	
Wednesday	06/02/2019	Sausages Wrapped in Bacon			Y			Y											
		Quorn Sausages			Y		Y	Y											
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above
		Oaty Fruity Flapjacks	Y	Y	Y														
		Fruit Salad																	
		Mash Potato																	
		Baked Beans																	
Thursday	07/02/2019	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	08/02/2019	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														
		Baby Carrots and Cauliflower																	

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Monday	11/02/2019	Chargrill Chicken																		
		Vegetable Cheese Lattice slice	Y	Y	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Mousse		Y	Y															
		Fresh Fruit																		
		Oven Baked Potato Wedges			Y															
		Peas and Carrots																		
Tuesday	12/02/2019	Red Tractor Lamb Grill			Y							Y								
		Vegetarian Cottage Pie		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																		
		Mash Potato		Y																
		Baked Beans																		
Wednesday	13/02/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Vegetarian Quorn Meatballs		Y	Y		Y													
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Victoria Sandwich Cake	Y	Y	Y														Cookie Day Only	
		Fruit Salad																		
		Pasta included in main			Y															
		Sweetcorn and Extra Salad																		
Thursday	14/02/2019	Chicken Curry with Naan Bread			Y													Naan Only		
		Cauliflower and Chick Peas Curry with Naan Bread			Y		Y											Nann 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	15/02/2019	Crumb Coated Cod Whole Fish Fillets			Y	Y														
		Quorn Dippers Bites		Y	Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y											[1]. See Above	
		Oaty Flapjacks			Y															
		Fresh Fruit																		
		Chunky Oven Chips			Y															
		Mixed Vegetables																		

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Monday	18/02/2019	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	Y	Y	Y														
		Fresh Fruit																	
		Whole-wheat Pasta			Y														
		Sweetcorn and Mixed Peppers																	
Tuesday	19/02/2019	Childrens Spanish Chicken																	
		Vegetarian Chilli	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																	
		Vegetables included in Rice																	
Wednesday	20/02/2019	Roast Pork																	
		Vegetarian Roast					Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y										[1]. See Above	
		Shortbread		Y	Y														
		Fruit Salad																	
		Mash Potato																	
		Sweetcorn and Diced Carrots																	
Thursday	21/02/2019	Healthy option Beef Burger in a Bread Roll			Y													Roll and Burger 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	22/02/2019	Crumb Coated Cod Whole Fish Fillets	Y	Y	Y	Y		Y											
		Cauliflower Cheese Grills		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	25/02/2019	Red Tractor Roast Turkey																		
		Cauliflower and Broccoli Cheese	Y	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	26/02/2019	Crumb Coated Chicken Grill			Y															
		Vegetarian Fajitas (Separate Tortillas)			Y															
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Coco Brownies			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Wednesday	27/02/2019	Sausages Wrapped in Bacon			Y			Y												
		Quorn Sausages			Y		Y	Y												
		Jacket Potatoes with a choice of fillings	Y	Y		Y		Y												[1]. See Above
		Oaty Fruity Flapjacks	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	28/02/2019	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	01/03/2019	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															
		Baby Carrots and Cauliflower																		

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