

Black Pepper School Meals - Allergies Notes

Ver. 01-03-2019 13:54

[1]. Filling for JP's Baked Beans(V), Cheese(V) - Milk, Coleslaw 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 | 25/02/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Vegetarian Meatballs in a Tomato Sauce and Garlic Bread | Y | | Y | | | | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Jam Tart | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole-wheat Pasta | | | | Y | | | | | | | | | | | | | | |
| | | Sweetcorn and Mixed Peppers | | | | | | | | | | | | | | | | | | |
| Tuesday | 26/02/2019 | Chicken Tikka Curry and Naan Bread | | Y | | | | Y | | | | | | | | | | Naans Only | | |
| | | Vegetarian Chilli | Y | | Y | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Swiss Roll | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| Wednesday | 27/02/2019 | Vegetables included in Main | | | | | | | | | | | | | | | | | | |
| | | Roast Pork | | | | | | | | | | | | | | | | | | |
| | | Vegetarian Roast | | | | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Shortbread | | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| Thursday | 28/02/2019 | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Vegetables included in Main | | | | | | | | | | | | | | | | | | |
| | | Healthy option Beef Burger in a Bread Roll | | | Y | | | | | | | | | | | | | | Roll and Burger only | |
| | | Vegetarian burger in a Bread Roll | | | Y | | | Y | Y | | | Y | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Lemon Drizzle Cake | Y | | Y | | | | | | | | | | | | | | | |
| Friday | 01/03/2019 | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Potato Balls (Pommes) | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| | | Crumb Coated Cod Whole Fish Fillets | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cauliflower Cheese Grills | | Y | Y | | | | Y | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Coco Sponge and Custard Piping | Y | Y | Y | | | | | | | | | | | | | | | |
| Mixed Vegetables | | | | | | | | | | | | | | | | | | | | |

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

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| 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 | 04/03/2019 | Red Tractor Roast Turkey | | | | | | | | | | | | | | | | | | |
| | | Cauliflower and Broccoli Cheese | Y | Y | Y | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Fruit Jelly | | | | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Oven Roast Potatoes | | | Y | | | | | | | | | | | | | | | |
| | | Cut Green Beans and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Tuesday | 05/03/2019 | Chicken Nuggets with separate Sweet and Sour Sauce | | | Y | | | Y | | | | | | | | | | | | |
| | | Vegetarian Nuggets with separate Sweet and Sour Sauce | | | Y | | Y | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Oaty Flapjacks | | | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Peas and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Wednesday | 06/03/2019 | Sausages Wrapped in Bacon | | | Y | | | | | | | | | | | | | | | |
| | | Quorn Sausages | | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Victoria Jam Sandwich | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Thursday | 07/03/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Ravioli Roasted Root Vegetables with Garlic Bread | Y | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Vanilla and Chocolate Marble Cake | Y | | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole Wheat Pasta | | | Y | | | | | | | | | | | | | | | |
| | | Peas and Extra Salad | | | | | | | | | | | | | | | | | | |
| Friday | 08/03/2019 | Jumbo Fish Finger | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cheese and Tomato Pizza | | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Coco Brownies | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Herby Diced Potatoes | | | Y | | | | | | | | | | | | | | | |
| | | Baby Carrots and Cauliflower | | | | | | | | | | | | | | | | | | |

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| 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 | 11/03/2019 | Chargrill Chicken | | | | | | | | | | | | | | | | | | |
| | | Quorn Dippers Bites | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Fruit Jelly | | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Oven Baked Potato Wedges | | | Y | | | | | | | | | | | | | | | |
| | | Peas and Carrots | | | | | | | | | | | | | | | | | | |
| Tuesday | 12/03/2019 | Hot Dogs | | | Y | | | | | | | Y | | | | | | | | |
| | | Vegetarian Hot Dog | | Y | | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Chocolate Sponge and Custard | Y | Y | Y | | | | | | | | | | | | | | Custard - Milk | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Oven Baked Chips | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Wednesday | 13/03/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Vegetarian Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Oaty Flapjacks | | | Y | | | | | | | | | | | | | | Cookie Day Only | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Whole Wheat Pasta | | | Y | | | | | | | | | | | | | | | |
| | | Sweetcorn and Extra Salad | | | | | | | | | | | | | | | | | | |
| Thursday | 14/03/2019 | Chicken Curry with Naan Bread | | | Y | | | | | | | | | | | | | Naan Only | | |
| | | Cauliflower and Chick Peas Curry with Naan Bread | | | Y | | | | | | | | | | | | | Nann Only | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | [1]. See Above | | |
| | | Toffee Sponge | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Extra vegetables in curry | | | | | | | | | | | | | | | | | | |
| Friday | 15/03/2019 | Crumb Coated Cod Whole Fish Fillets | | | Y | Y | Y | | | | | | | | | | | | | |
| | | Vegetable Burger | | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Coco Brownies | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Mixed Vegetables | | | | | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | | | | | | | |
| Monday | 18/03/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Vegetarian Meatballs in a Tomato Sauce and Garlic Bread | Y | | Y | | | | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Jam Tart | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole-wheat Pasta | | | Y | | | | | | | | | | | | | | | |
| | | Sweetcorn and Mixed Peppers | | | | | | | | | | | | | | | | | | |
| Tuesday | 19/03/2019 | Chicken Tikka Curry and Naan Bread | | Y | | | | Y | | | | | | | | | | Naans Only | | |
| | | Vegetarian Chilli | Y | | Y | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Swiss Roll | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Vegetables included in Main | | | | | | | | | | | | | | | | | | |
| Wednesday | 20/03/2019 | Roast Pork | | | | | | | | | | | | | | | | | | |
| | | Vegetarian Roast | | | | | Y | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Shortbread | | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Sweetcorn and Diced Carrots | | | | | | | | | | | | | | | | | | |
| Thursday | 21/03/2019 | Healthy option Beef Burger in a Bread Roll | | | Y | | | | | | | | | | | | | Roll and Burger only | | |
| | | Vegetarian burger in a Bread Roll | | | Y | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Lemon Drizzle Cake | Y | | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Potato Balls (Pommes) | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Friday | 22/03/2019 | Crumb Coated Cod Whole Fish Fillets | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cauliflower Cheese Grills | | Y | Y | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | Y | | | | | | | | | | | [1]. See Above | |
| | | Coco Sponge and Custard Piping | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Chunky Oven Chips | | | | | | | | | | | | | | | | | | |
| | | Mixed Vegetables | | | | | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | | | | | | | |
| Monday | 25/03/2019 | Red Tractor Roast Turkey | | | | | | | | | | | | | | | | | | |
| | | Cauliflower and Broccoli Cheese | Y | Y | Y | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | | [1]. See Above |
| | | Fruit Jelly | | | | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Oven Roast Potatoes | | | Y | | | | | | | | | | | | | | | |
| | | Cut Green Beans and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Tuesday | 26/03/2019 | Chicken Nuggets with separate Sweet and Sour Sauce | | | Y | | | Y | | | | | | | | | | | | |
| | | Vegetarian Nuggets with separate Sweet and Sour Sauce | | | Y | | Y | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | | [1]. See Above |
| | | Oaty Flapjacks | | | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Peas and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Wednesday | 27/03/2019 | Sausages Wrapped in Bacon | | | Y | | | | | | | | | | | | | | | |
| | | Quorn Sausages | | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | | [1]. See Above |
| | | Victoria Jam Sandwich | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Thursday | 28/03/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Ravioli Roasted Root Vegetables with Garlic Bread | Y | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | | [1]. See Above |
| | | Vanilla and Chocolate Marble Cake | Y | | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole Wheat Pasta | | | Y | | | | | | | | | | | | | | | |
| | | Peas and Extra Salad | | | | | | | | | | | | | | | | | | |
| Friday | 29/03/2019 | Jumbo Fish Finger | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cheese and Tomato Pizza | | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | | [1]. See Above |
| | | Coco Brownies | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Herby Diced Potatoes | | | Y | | | | | | | | | | | | | | | |
| Baby Carrots and Cauliflower | | | | | | | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | | | | | | |
| Monday | 01/04/2019 | Chargrill Chicken | | | | | | | | | | | | | | | | | |
| | | Quorn Dippers Bites | Y | Y | Y | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above |
| | | Fruit Jelly | | Y | Y | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | |
| | | Oven Baked Potato Wedges | | | Y | | | | | | | | | | | | | | |
| | | Peas and Carrots | | | | | | | | | | | | | | | | | |
| Tuesday | 02/04/2019 | Hot Dogs | | | Y | | | | | | | Y | | | | | | | |
| | | Vegetarian Hot Dog | | Y | | | Y | Y | | | Y | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above |
| | | Chocolate Sponge and Custard | Y | Y | Y | | | | | | | | | | | | | | Custard - Milk |
| | | Fruit Salad | | | | | | | | | | | | | | | | | |
| | | Oven Baked Chips | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | |
| Wednesday | 03/04/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | |
| | | Vegetarian Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above |
| | | Oaty Flapjacks | | | Y | | | | | | | | | | | | | | Cookie Day Only |
| | | Fruit Salad | | | | | | | | | | | | | | | | | |
| | | Whole Wheat Pasta | | | Y | | | | | | | | | | | | | | |
| | | Sweetcorn and Extra Salad | | | | | | | | | | | | | | | | | |
| Thursday | 04/04/2019 | Chicken Curry with Naan Bread | | | Y | | | | | | | | | | | | | Naan Only | |
| | | Cauliflower and Chick Peas Curry with Naan Bread | | | Y | | Y | | | | | | | | | | | Nann Only | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above |
| | | Toffee Sponge | Y | Y | Y | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | |
| | | Extra vegetables in curry | | | | | | | | | | | | | | | | | |
| Friday | 05/04/2019 | Crumb Coated Cod Whole Fish Fillets | | | Y | Y | | Y | | | | | | | | | | | |
| | | Vegetable Burger | | Y | Y | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above |
| | | Coco Brownies | Y | Y | Y | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | Y | | | | | | | | | | | | | | |
| | | Mixed Vegetables | | | | | | | | | | | | | | | | | |

Signed: Mark Lessimore on behalf of Black Pepper School Lunches

Black Pepper School Meals - Allergies Notes

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[1]. Filling for JP's Baked Beans(V), Cheese(V) - Milk, Coleslaw 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 | 08/04/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Vegetarian Meatballs in a Tomato Sauce and Garlic Bread | Y | | Y | | Y | | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Jam Tart | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole-wheat Pasta | | | | Y | | | | | | | | | | | | | | |
| | | Sweetcorn and Mixed Peppers | | | | | | | | | | | | | | | | | | |
| Tuesday | 09/04/2019 | Chicken Tikka Curry and Naan Bread | | Y | | | | Y | | | | | | | | | | Naans Only | | |
| | | Vegetarian Chilli | Y | | Y | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Swiss Roll | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Vegetables included in Main | | | | | | | | | | | | | | | | | | |
| Wednesday | 10/04/2019 | Roast Pork | | | | | | | | | | | | | | | | | | |
| | | Vegetarian Roast | | | | | Y | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Shortbread | | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Sweetcorn and Diced Carrots | | | | | | | | | | | | | | | | | | |
| Thursday | 11/04/2019 | Healthy option Beef Burger in a Bread Roll | | | Y | | | | | | | | | | | | | Roll and Burger only | | |
| | | Vegetarian burger in a Bread Roll | | | Y | | Y | Y | | | Y | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Lemon Drizzle Cake | Y | | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Potato Balls (Pommes) | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Friday | 12/04/2019 | Crumb Coated Cod Whole Fish Fillets | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cauliflower Cheese Grills | | Y | Y | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Coco Sponge and Custard Piping | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Chunky Oven Chips | | | | | | | | | | | | | | | | | | |
| | | Mixed Vegetables | | | | | | | | | | | | | | | | | | |

Signed: Mark Lessimore on behalf of Black Pepper School Lunches

Black Pepper School Meals - Allergies Notes

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[1]. Filling for JP's Baked Beans(V), Cheese(V) - Milk, Coleslaw 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 | 15/04/2019 | Red Tractor Roast Turkey | | | | | | | | | | | | | | | | | | |
| | | Cauliflower and Broccoli Cheese | Y | Y | Y | | | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Fruit Jelly | | | | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Oven Roast Potatoes | | | Y | | | | | | | | | | | | | | | |
| | | Cut Green Beans and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Tuesday | 16/04/2019 | Chicken Nuggets with separate Sweet and Sour Sauce | | | Y | | | Y | | | | | | | | | | | | |
| | | Vegetarian Nuggets with separate Sweet and Sour Sauce | | | Y | | Y | Y | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Oaty Flapjacks | | | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | White and Brown Rice | | | | | | | | | | | | | | | | | | |
| | | Peas and Sweetcorn | | | | | | | | | | | | | | | | | | |
| Wednesday | 17/04/2019 | Sausages Wrapped in Bacon | | | Y | | | | | | | | | | | | | | | |
| | | Quorn Sausages | | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Victoria Jam Sandwich | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fruit Salad | | | | | | | | | | | | | | | | | | |
| | | Mash Potato | | | | | | | | | | | | | | | | | | |
| | | Baked Beans | | | | | | | | | | | | | | | | | | |
| Thursday | 18/04/2019 | Meatballs in a Tomato and Basil Sauce with Garlic Bread | | Y | Y | | | | | | | | | | | | | | | |
| | | Ravioli Roasted Root Vegetables with Garlic Bread | Y | | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Vanilla and Chocolate Marble Cake | Y | | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Whole Wheat Pasta | | | Y | | | | | | | | | | | | | | | |
| | | Peas and Extra Salad | | | | | | | | | | | | | | | | | | |
| Friday | 19/04/2019 | Jumbo Fish Finger | | | Y | Y | | Y | | | | | | | | | | | | |
| | | Cheese and Tomato Pizza | | Y | Y | | | | | | | | | | | | | | | |
| | | Jacket Potatoes with (Cheese, Beans or Tuna Mayo) | Y | Y | | | | | Y | | | | | | | | | | [1]. See Above | |
| | | Coco Brownies | Y | Y | Y | | | | | | | | | | | | | | | |
| | | Fresh Fruit | | | | | | | | | | | | | | | | | | |
| | | Herby Diced Potatoes | | | Y | | | | | | | | | | | | | | | |
| Baby Carrots and Cauliflower | | | | | | | | | | | | | | | | | | | | |

Signed: Mark Lessimore on behalf of Black Pepper School Lunches

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