

Black Pepper School Meals - Allergies Notes

Ver. 09-04-2019 08:36

[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	22/04/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Y		Y						Y									
		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	23/04/2019	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	
		Sponge and Chocolate Custard	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Vegetables included in Main																		
Wednesday	24/04/2019	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																		
		Vegetables included in Main																		
Thursday	25/04/2019	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 Wedges																		
		Baked Beans																		
Friday	26/04/2019	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																		

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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 Gluten	Fish	Soybean	Mustard	Sesame	Lupin	Celery (and celeriac)	Sulphur Dioxide	Peanuts	Nuts [2]	Molluscs [3]	Crustaceans [4]	Notes			
Monday	29/04/2019	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	30/04/2019	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	
		Oat Flapjacks			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Wednesday	01/05/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Honey Sponge cake	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	02/05/2019	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	03/05/2019	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	06/05/2019	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	07/05/2019	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
		Swiss Roll	Y	Y	Y														Custard - Milk
		Fruit Salad																	
		Oven Baked Chips																	
		Baked Beans																	
Wednesday	08/05/2019	Bolognese with Garlic Bread		Y	Y														
		Vegetarian Bolognese with Garlic Bread		Y	Y														
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above
		Oat Flapjacks			Y														Cookie Day Only
		Fruit Salad																	
		Whole Wheat Pasta			Y														
		Sweetcorn and Extra Salad																	
Thursday	09/05/2019	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	10/05/2019	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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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	13/05/2019	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	14/05/2019	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	
		Sponge and Chocolate Custard	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Vegetables included in Main																		
Wednesday	15/05/2019	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	16/05/2019	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 Wedges																		
		Baked Beans																		
Friday	17/05/2019	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	20/05/2019	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	21/05/2019	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	
		Oat Flapjacks			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Wednesday	22/05/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Honey Sponge cake	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	23/05/2019	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	24/05/2019	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	27/05/2019	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	28/05/2019	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	
		Swiss Roll	Y	Y	Y														Custard - Milk	
		Fruit Salad																		
		Oven Baked Chips																		
		Baked Beans																		
Wednesday	29/05/2019	Bolognese with Garlic Bread		Y	Y															
		Vegetarian Bolognese with Garlic Bread		Y	Y		Y													
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Oat Flapjacks			Y														Cookie Day Only	
		Fruit Salad																		
		Whole Wheat Pasta			Y															
		Sweetcorn and Extra Salad																		
Thursday	30/05/2019	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	31/05/2019	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																		

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Monday	03/06/2019	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	04/06/2019	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	
		Sponge and Chocolate Custard	Y	Y	Y															
		Fruit Salad																		
		White and Brown Rice																		
		Vegetables included in Main																		
Wednesday	05/06/2019	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	06/06/2019	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 Wedges																		
		Baked Beans																		
Friday	07/06/2019	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	10/06/2019	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	11/06/2019	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	
		Oat Flapjacks			Y															
		Fruit Salad																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Wednesday	12/06/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Honey Sponge cake	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	13/06/2019	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	14/06/2019	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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