

# Black Pepper School Meals - Allergies Notes

Ver. 06-06-2019 12:42

[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	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									
		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 Peas																		
Tuesday	04/06/2019	Chicken Curry with 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	05/06/2019	Pork Steak																		
		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	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	
		Vanilla and Strawberry Marble 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	
		Chocolate and Cherry Marble Sponge	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		Mixed Vegetables																		

Signed: Mark Lessimore on behalf of Black Pepper School Lunches

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

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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	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	Battered Chicken Steak			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	
		Jam and Coconut Sponge	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	
		Chocolate and Mango Sponge	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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[1]. Filling for JP's Baked Beans(V), Cheese(V) - Milk, Coleslaw and Mayo - Egg

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[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	17/06/2019	Chargrill Chicken and BBQ Sauce																		
		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																		
		White and Brown Rice			Y															
		Peas and Carrots																		
Tuesday	18/06/2019	Bolognaise with Garlic Bread			Y							Y								
		Vegetarian Bolognaise with Garlic Bread		Y			Y	Y			Y									
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Chocolate and Banana Marble Sponge	Y	Y	Y														Custard - Milk	
		Fruit Salad																		
		Pennine Pasta																		
		Sweetcorn and Extra Salad																		
Wednesday	19/06/2019	Hot Dogs		Y	Y															
		Vegetarian Hot Dog		Y	Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Oat Flapjacks			Y														Cookie Day Only	
		Fruit Salad																		
		Oven Baked Wedges			Y															
		Baked Beans																		
Thursday	20/06/2019	Chicken and Pepperoni Pasta in a Tomato and Basil Sauce			Y													Naan Only		
		Vegetarian Pasta in a Tomato Sauce			Y													Nann Only		
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Coco Brownies	Y	Y	Y															
		Fresh Fruit																		
		Fusilli Pasta																		
		Vegetables included in Main																		
Friday	21/06/2019	Crumb Coated Cod Whole Fish Fillets			Y	Y	Y													
		Cheese and Tomato Pizza		Y	Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Mousse Squares	Y	Y	Y															
		Fresh Fruit																		
		Oven chips																		
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	24/06/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Vegetarian Meatballs in a Tomato Sauce and Garlic Bread	Y		Y						Y									
		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 Peas																		
Tuesday	25/06/2019	Chicken Curry with 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	26/06/2019	Pork Steak																		
		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	27/06/2019	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	
		Vanilla and Strawberry Marble Cake	Y		Y															
		Fresh Fruit																		
		Potato Wedges																		
		Baked Beans																		
Friday	28/06/2019	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	
		Chocolate and Cherry Marble Sponge	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
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	01/07/2019	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	02/07/2019	Battered Chicken Steak			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	03/07/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages			Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Jam and Coconut Sponge	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	04/07/2019	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	
		Chocolate and Mango Sponge	Y		Y															
		Fresh Fruit																		
		Whole Wheat Pasta			Y															
		Peas and Extra Salad																		
Friday	05/07/2019	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	08/07/2019	Chargrill Chicken and BBQ Sauce																	
		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																	
		White and Brown Rice			Y														
		Peas and Carrots																	
Tuesday	09/07/2019	Bolognaise with Garlic Bread			Y							Y							
		Vegetarian Bolognaise with Garlic Bread		Y			Y	Y			Y								
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above
		Chocolate and Banana Marble Sponge	Y	Y	Y														Custard - Milk
		Fruit Salad																	
		Pennine Pasta																	
		Sweetcorn and Extra Salad																	
Wednesday	10/07/2019	Hot Dogs		Y	Y														
		Vegetarian Hot Dog		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																	
		Oven Baked Wedges			Y														
		Baked Beans																	
Thursday	11/07/2019	Chicken and Pepperoni Pasta in a Tomato and Basil Sauce			Y													Naan Only	
		Vegetarian Pasta in a Tomato Sauce			Y		Y											Nann Only	
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above
		Coco Brownies	Y	Y	Y														
		Fresh Fruit																	
		Fusilli Pasta																	
		Vegetables included in Main																	
Friday	12/07/2019	Crumb Coated Cod Whole Fish Fillets			Y	Y		Y											
		Cheese and Tomato Pizza		Y	Y														
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above
		Mousse Squares	Y	Y	Y														
		Fresh Fruit																	
		Oven chips			Y														
		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	15/07/2019	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 Peas																		
Tuesday	16/07/2019	Chicken Curry with 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	17/07/2019	Pork Steak																		
		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	18/07/2019	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	
		Vanilla and Strawberry Marble Cake	Y		Y															
		Fresh Fruit																		
		Potato Wedges																		
		Baked Beans																		
Friday	19/07/2019	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	
		Chocolate and Cherry Marble Sponge	Y	Y	Y															
		Fresh Fruit																		
		Chunky Oven Chips																		
		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	22/07/2019	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	23/07/2019	Battered Chicken Steak			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	24/07/2019	Sausages Wrapped in Bacon			Y														
		Quorn Sausages			Y														
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Jam and Coconut Sponge	Y	Y	Y														
		Fruit Salad																	
		Mash Potato																	
		Baked Beans																	
Thursday	25/07/2019	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
		Chocolate and Mango Sponge	Y		Y														
		Fresh Fruit																	
		Whole Wheat Pasta			Y														
		Peas and Extra Salad																	
Friday	26/07/2019	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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