

# Black Pepper School Meals - Allergies Notes

Ver. 17-10-2019 08:14

[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	02/09/2019	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																	
		Pasta				Y													
		Sweetcorn and Peas																	
Tuesday	03/09/2019	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
		Jam and Coconut Sponge	Y		Y														
		Fruit Salad																	
		White and Brown Rice																	
		Vegetables included in Main																	
Wednesday	04/09/2019	Roast Chicken, Separate Gravy																	
		Vegetarian Roast, Separate Gravy					Y												
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Coco Brownies	Y		Y														
		Fruit Salad																	
		Mash Potato																	
		Vegetables included in Main																	
Thursday	05/09/2019	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				Y													
		Baked Beans																	
Friday	06/09/2019	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

[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	09/09/2019	Red Tractor Roast Turkey																		
		Cauliflower and Broccoli Cheese		Y				Y												
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Fruit Jelly																		
		Fresh Fruit																		
		Oven Roast Potatoes																		
		Whole Green Beans and Sweetcorn																		
Tuesday	10/09/2019	Battered Chicken Steak			Y			Y												
		Vegetarian Fingers			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	11/09/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages	Y	Y																
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y											[1]. See Above
		Swiss Roll	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	12/09/2019	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																		
		Pasta			Y															
		Peas and Extra Salad																		
Friday	13/09/2019	Jumbo Fish Finger		Y	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															
		Fresh Fruit																		
		Herby Diced Potatoes			Y															
Baby Carrots and Cauliflower																				

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# Black Pepper School Meals - Allergies Notes

Ver. 17-10-2019 08:14

[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 )

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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	16/09/2019	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																		
		Fresh Fruit																		
		White and Brown Rice			Y															
		Peas and Carrots																		
Tuesday	17/09/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	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	
		Chocolate and Banana Marble Sponge	Y	Y	Y															Custard - Milk
		Fruit Salad																		
		Pasta																		
		Sweetcorn and Extra Salad																		
Wednesday	18/09/2019	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	19/09/2019	Hand Made Beef Pasty		Y	Y														Naan Only	
		Vegetarian Grill			Y														Nann Only	
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Coco Brownies	Y		Y															
		Fresh Fruit																		
		Mash Potato																		
		Peas and Baby Carrots																		
Friday	20/09/2019	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	
		Chocolate and Custard Sponge	Y		Y															
		Fresh Fruit																		
		Oven chips																		
Mixed Vegetables																				

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Ver. 17-10-2019 08:14

[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	23/09/2019	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																		
		Pasta			Y															
		Sweetcorn and Peas																		
Tuesday	24/09/2019	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	
		Jam and Coconut Sponge	Y		Y															
		Fruit Salad																		
		White and Brown Rice																		
		Vegetables included in Main																		
Wednesday	25/09/2019	Roast Chicken, Separate Gravy																		
		Vegetarian Roast, Separate Gravy					Y													
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Coco Brownies	Y		Y															
		Fruit Salad																		
		Mash Potato																		
		Sweetcorn and Diced Carrots																		
Thursday	26/09/2019	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			Y															
		Baked Beans																		
Friday	27/09/2019	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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[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	30/09/2019	Red Tractor Roast Turkey																	
		Cauliflower and Broccoli Cheese		Y				Y											
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Fruit Jelly																	
		Fresh Fruit																	
		Oven Roast Potatoes																	
		Whole Green Beans and Sweetcorn																	
Tuesday	01/10/2019	Battered Chicken Steak			Y			Y											
		Vegetarian Fingers			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	02/10/2019	Sausages Wrapped in Bacon			Y														
		Quorn Sausages	Y	Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Swiss Roll	Y	Y	Y														
		Fruit Salad																	
		Mash Potato																	
		Baked Beans																	
Thursday	03/10/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y														
		Ravioli Roasted Root Vegetables with Garlic Bread	Y	Y	Y														
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Mini Doughnut	Y	Y	Y		Y												
		Fresh Fruit																	
		Pasta			Y														
		Peas and Extra Salad																	
Friday	04/10/2019	Jumbo Fish Finger		Y	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														
		Fresh Fruit																	
		Herby Diced Potatoes			Y														
		Baby Carrots and Cauliflower																	

Signed: Mark Lessimore on behalf of Black Pepper School Lunches

# Black Pepper School Meals - Allergies Notes

Ver. 02-10-2019 06:44

[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 )

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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	07/10/2019	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																	
		Fresh Fruit																	
		White and Brown Rice			Y														
		Peas and Carrots																	
Tuesday	08/10/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	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
		Chocolate and Banana Marble Sponge	Y	Y	Y														Custard - Milk
		Fruit Salad																	
		Pasta																	
		Sweetcorn and Extra Salad																	
Wednesday	09/10/2019	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	10/10/2019	Hand Made Beef Pasty		Y	Y													Naan Only	
		Vegetarian Grill			Y		Y											Nann Only	
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above
		Coco Brownies	Y		Y														
		Fresh Fruit																	
		Mash Potato																	
		Peas and Baby Carrots																	
Friday	11/10/2019	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
		Chocolate and Custard Sponge	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	14/10/2019	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																		
		Pasta			Y															
		Sweetcorn and Peas																		
Tuesday	15/10/2019	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	
		Jam and Coconut Sponge	Y		Y															
		Fruit Salad																		
		White and Brown Rice																		
		Vegetables included in Main																		
Wednesday	16/10/2019	Roast Chicken, Separate Gravy																		
		Vegetarian Roast, Separate Gravy					Y													
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y				Y											[1]. See Above	
		Coco Brownies	Y		Y															
		Fruit Salad																		
		Mash Potato																		
		Sweetcorn and Diced Carrots																		
Thursday	17/10/2019	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			Y															
		Baked Beans																		
Friday	18/10/2019	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	21/10/2019	Red Tractor Roast Turkey																		
		Cauliflower and Broccoli Cheese		Y				Y												
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Fruit Jelly																		
		Fresh Fruit																		
		Oven Roast Potatoes																		
		Whole Green Beans and Sweetcorn																		
Tuesday	22/10/2019	Battered Chicken Steak			Y			Y												
		Vegetarian Fingers			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	23/10/2019	Sausages Wrapped in Bacon			Y															
		Quorn Sausages	Y	Y																
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Swiss Roll	Y	Y	Y															
		Fruit Salad																		
		Mash Potato																		
		Baked Beans																		
Thursday	24/10/2019	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Ravioli Roasted Root Vegetables with Garlic Bread	Y	Y	Y															
		Jacket Potatoes with (Cheese, Beans or Tuna Mayo)	Y	Y					Y										[1]. See Above	
		Chocolate and Mango Sponge	Y	Y	Y		Y													
		Fresh Fruit																		
		Pasta			Y															
		Peas and Extra Salad																		
Friday	25/10/2019	Jumbo Fish Finger		Y	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															
		Fresh Fruit																		
		Herby Diced Potatoes			Y															
Baby Carrots and Cauliflower																				

Signed: Mark Lessimore on behalf of Black Pepper School Lunches



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