

Black Pepper School Meals - Allergies Notes

Ver. 05-03-2020 14:58

[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	24/02/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Falafals in a Tomato Sauce with Garlic Bread																		
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Jam Tarts		Y	Y															
		Fresh Fruit																		
		Pasta																		
		Peas and Extra Salad																		
Tuesday	25/02/2020	Hot Dogs			Y															
		Vegetarian Hot Dog			Y		Y				Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Chocolate and Orange Sponge	Y		Y															
		Fruit Salad																		
		Oven Baked Wedges			Y															
Wednesday	26/02/2020	Baked Beans																		
		Beef Lasagne with Garlic Bread		Y	Y														Naan Only	
		Vegetable Lasagne with Garlic Bread		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Iced finger Roll			Y															
		Fruit Salad																		
Thursday	27/02/2020	Pasta in main			Y															
		Baked Beans																		
		Chicken Curry with Naan Bread			Y														Gluten - Garlic Bread only	
		Vegetable Curry									Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Coco Brownies	Y		Y															
Friday	28/02/2020	Fresh Fruit																		
		White and Brown Rice																		
		Vegetables included in Main																		
		Crumb Coated Cod Whole Fish Fillets			Y	Y														
		Cauliflower Cheese Grills		Y	Y			Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
Friday	28/02/2020	Apple Crumble and Cream		Y	Y													Milk - Cream only		
		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	02/03/2020	Battered Chicken Steak		Y	Y						Y									
		Vegetarian Fingers			Y			Y			Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above		
		Fruit Jelly																		
		Fresh Fruit																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Tuesday	03/03/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y													Milk - Meatballs Only		
		Ravioli Roasted Root Vegetables with Garlic Bread		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Coco Sponge and Custard Piping	Y		Y															
		Fruit Salad																		
		Pasta Twist			Y															
		Vegetables included in Main																		
Wednesday	04/03/2020	Healthy option Beef Burger in a Bread Roll			Y													Burger and Roll		
		Vegetarian burger in a Bread Roll	Y		Y														Burger and Roll	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Oat Flapjacks			Y															
		Fruit Salad																		
		Oven Baked Wedges			Y															
		Baked Beans																		
Thursday	05/03/2020	Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y															
		Vegetarian Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Coco Brownies	Y		Y															
		Fresh Fruit																		
		Mash Potato																		
		Peas																		
Friday	06/03/2020	Jumbo Fish Finger		Y	Y	Y		Y												
		Cheese and Tomato Pizza		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Shortbread			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	09/03/2020	Roast Chicken and Seperate Gravy																	
		Quorn Roast and Seperate Gravy	Y		Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly																	
		Fresh Fruit																	
		Roast Potatoes																	
		Peas and Carrots																	
Tuesday	10/03/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y													Milk - Meatballs only	
		Falafals in a Tomato Sauce and Garlic Bread			Y													Gluten - Garlic Bread only	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Banana and Choc Chip Sponge	Y		Y														
		Fruit Salad																	
		Pasta		Y															
		Sweetcorn and Extra Salad																	
Wednesday	11/03/2020	Beef Shepherds Pie																	
		Vegetarian Shepherds Pie																	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Swiss Roll		Y	Y														
		Fruit Salad																	
		Mash Potato (on Main)			Y														
		Sweetcorn and Diced Carrots																	
Thursday	12/03/2020	Chicken Goujons			Y														
		Quorn Dippers			Y		Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Oat Flapjacks			Y														
		Fresh Fruit																	
		Oven Baked Wedges			Y														
		Baked Bean																	
Friday	13/03/2020	Fish Star Cakes			Y	Y													
		Cheese and Tomato Pizza		Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Coco Brownies	Y		Y														
		Fresh Fruit																	
		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	16/03/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y														
		Falafels in a Tomato Sauce with Garlic Bread																	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above
		Jam Tarts		Y	Y														
		Fresh Fruit																	
		Pasta																	
		Peas and Extra Salad																	
Tuesday	17/03/2020	Hot Dogs			Y														
		Vegetarian Hot Dog			Y		Y				Y								
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above
		Chocolate and Orange Sponge	Y		Y														
		Fruit Salad																	
		Oven Baked Wedges			Y														
		Baked Beans																	
Wednesday	18/03/2020	Beef Lasagne with Garlic Bread		Y	Y													Naan Only	
		Vegetable Lasagne with Garlic Bread		Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above
		Iced finger Roll			Y														
		Fruit Salad																	
		Pasta in main			Y														
		Peas and Sweetcorn																	
Thursday	19/03/2020	Chicken Curry with Naan Bread			Y													Gluten - Garlic Bread only	
		Vegetable Curry									Y								
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above
		Coco Brownies	Y		Y														
		Fresh Fruit																	
		White and Brown Rice																	
		Vegetables included in Main																	
Friday	20/03/2020	Crumb Coated Cod Whole Fish Fillets			Y	Y													
		Cauliflower Cheese Grills		Y	Y			Y											
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above
		Apple Crumble and Cream		Y	Y														Milk - Cream only
		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	23/03/2020	Battered Chicken Steak		Y	Y						Y									
		Vegetarian Fingers			Y			Y			Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Fruit Jelly																		
		Fresh Fruit																		
		White and Brown Rice																		
		Peas and Sweetcorn																		
Tuesday	24/03/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y													Milk - Meatballs Only		
		Ravioli Roasted Root Vegetables with Garlic Bread		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Coco Sponge and Custard Piping	Y		Y															
		Fruit Salad																		
		Pasta Twist			Y															
		Vegetables included in Main																		
Wednesday	25/03/2020	Healthy option Beef Burger in a Bread Roll			Y													Burger and Roll		
		Vegetarian burger in a Bread Roll	Y		Y														Burger and Roll	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Oat Flapjacks			Y															
		Fruit Salad																		
		Oven Baked Wedges			Y															
		Baked Beans																		
Thursday	26/03/2020	Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y															
		Vegetarian Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Coco Brownies	Y		Y															
		Fresh Fruit																		
		Mash Potato																		
		Peas																		
Friday	27/03/2020	Jumbo Fish Finger		Y	Y	Y		Y												
		Cheese and Tomato Pizza		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Shortbread			Y															
		Fresh Fruit																		
		Herby Diced Potatoes			Y															
Baby Carrots and Cauliflower																				

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Monday	30/03/2020	Roast Chicken and Seperate Gravy																	
		Quorn Roast and Seperate Gravy	Y		Y		Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly																	
		Fresh Fruit																	
		Roast Potatoes																	
		Peas and Carrots																	
Tuesday	31/03/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y													Milk - Meatballs only	
		Falafals in a Tomato Sauce and Garlic Bread			Y		Y											Gluten - Garlic Bread only	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Banana and Choc Chip Sponge	Y		Y														
		Fruit Salad																	
		Pasta		Y															
		Sweetcorn and Extra Salad																	
Wednesday	01/04/2020	Beef Shepherds Pie																	
		Vegetarian Shepherds Pie					Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Swiss Roll		Y	Y														
		Fruit Salad																	
		Mash Potato (on Main)			Y														
		Sweetcorn and Diced Carrots																	
Thursday	02/04/2020	Chicken Goujons			Y														
		Quorn Dippers			Y		Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Oat Flapjacks			Y														
		Fresh Fruit																	
		Oven Baked Wedges			Y														
		Baked Bean																	
Friday	03/04/2020	Fish Star Cakes			Y	Y													
		Cheese and Tomato Pizza		Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Coco Brownies	Y		Y														
		Fresh Fruit																	
		Oven chips			Y														
		Mixed Vegetables																	

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Monday	06/04/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y															
		Falafals in a Tomato Sauce with Garlic Bread					Y													
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y											[1]. See Above	
		Jam Tarts		Y	Y															
		Fresh Fruit																		
		Pasta																		
		Peas and Extra Salad																		
Tuesday	07/04/2020	Hot Dogs			Y															
		Vegetarian Hot Dog			Y		Y				Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y												[1]. See Above
		Chocolate and Orange Sponge	Y		Y															
		Fruit Salad																		
		Oven Baked Wedges			Y															
		Baked Beans																		
Wednesday	08/04/2020	Beef Lasagne with Garlic Bread		Y	Y														Naan Only	
		Vegetable Lasagne with Garlic Bread		Y	Y															
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y												[1]. See Above
		Iced finger Roll			Y															
		Fruit Salad																		
		Pasta in main			Y															
		Peas and Sweetcorn																		
Thursday	09/04/2020	Chicken Curry with Naan Bread			Y														Gluten - Garlic Bread only	
		Vegetable Curry									Y									
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y												[1]. See Above
		Coco Brownies	Y		Y															
		Fresh Fruit																		
		White and Brown Rice																		
		Vegetables included in Main																		
Friday	10/04/2020	Crumb Coated Cod Whole Fish Fillets			Y	Y														
		Cauliflower Cheese Grills		Y	Y			Y												
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y												[1]. See Above
		Apple Crumble and Cream		Y	Y															Milk - Cream only
		Fresh Fruit																		
		Chunky Oven Chips																		
		Mixed Vegetables																		

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Monday	13/04/2020	Battered Chicken Steak		Y	Y						Y								
		Vegetarian Fingers			Y			Y			Y								
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Fruit Jelly																	
		Fresh Fruit																	
		White and Brown Rice																	
		Peas and Sweetcorn																	
Tuesday	14/04/2020	Meatballs in a Tomato and Basil Sauce with Garlic Bread		Y	Y													Milk - Meatballs Only	
		Ravioli Roasted Root Vegetables with Garlic Bread		Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Coco Sponge and Custard Piping	Y		Y														
		Fruit Salad																	
		Pasta Twist			Y														
		Vegetables included in Main																	
Wednesday	15/04/2020	Healthy option Beef Burger in a Bread Roll			Y													Burger and Roll	
		Vegetarian burger in a Bread Roll	Y		Y													Burger and Roll	
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Oat Flapjacks			Y														
		Fruit Salad																	
		Oven Baked Wedges			Y														
		Baked Beans																	
Thursday	16/04/2020	Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y														
		Vegetarian Sausages and Yorkshire Puddings and Seperate Gravy	Y	Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Coco Brownies	Y		Y														
		Fresh Fruit																	
		Mash Potato																	
		Peas																	
Friday	17/04/2020	Jumbo Fish Finger		Y	Y	Y		Y											
		Cheese and Tomato Pizza		Y	Y														
		Jacket Potatoes with (Cheese Beans or Tuna Mayo)	Y	Y		Y		Y										[1]. See Above	
		Shortbread			Y														
		Fresh Fruit																	
		Herby Diced Potatoes			Y														
		Baby Carrots and Cauliflower																	

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