DISHES AND THEIR ALLERGEN CONTENT - St Josephs Catholic School- Autumn 19/20 (amended 5/9/19)

| DISHES |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 2 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur <br> Dioxide |
| Mac n Cheese (BD-70490,04193) NOT VEGAN |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn Bolognaise (BD-36512, |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |
| Rice (BD-06587) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked potato (Biring) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Pineapple \& Mango pieces (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sandwiches | See | packs | For | details |  |  |  |  |  |  |  |  |  |  |
| Pork Sausage (Chiltern Local) |  | $\sqrt{ }$ |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  | $\sqrt{ }$ <br> IN GRAVY | $\sqrt{ }$ |
| Vegetable sausage (BD-73736) |  |  |  |  |  |  |  |  |  |  |  |  | IN GRAVY |  |
| Baked beans (BD-30396) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mash Potato (BD-01485) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |


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| Main Menu Wk 2 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur <br> Dioxide |
| Sticky Toffee Pudding $\begin{aligned} & \text { (BD-00452,50754, } \\ & 90028) \end{aligned}$ |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ | $\sqrt{ }$ |
| Custard <br> (BD-03416, 40558) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Roast Chicken Fillet (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  | In Gravy |  |
| Gravy (BD-22212) |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Cheese Tortellini (BD-49201, |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Tomato Sauce (for above dish) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Roast Potatoes (now gluten free) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shredded Cabbage (Chiltern Local) | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baby Carrots (Chiltern Local) | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Biring) | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shredded Pulled Pork (Chiltern Local BD-04703) | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | $\underbrace{3}$ |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 2 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur <br> Dioxide |
| Peas (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice (BD-06587) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholemeal wraps (BD-12242) <br> (Vegan) |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Mousse (BD-00299) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Fish finger (BD-52855 or Chiltern Local |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Fish Finger GF (BD-02771) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Quiche (BD-52485) |  |  |  |  |  |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  |  | $\sqrt{ }$ |  |
| Chips <br> (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Beans (BD-30396) Vegan | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla Muffin (BD-19070) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  | MAY CONTAIN | $\sqrt{ }$ |  |
| Bread (BD-11655) |  |  |  |  |  |  |  |  |  |  |  | May contain | $\sqrt{ }$ |  |



