DISHES AND THEIR ALLERGEN CONTENT - St Josephs Catholic School - Summer 19/20

| DISHES |  |  |  |  | 雨 |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 4 Summer 19/20 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pork Meatballs (Chiltern local) |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |
| Pork <br> Meatballs GF (Chiltern Local) |  |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |
| Quorn Meat balls (BD-17148) |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |
| Penne Pasta (BD-70490) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas <br> (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurts <br> (DB-72942, 99120, <br> 99126) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Orange Jelly (BD-39958) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Burgers (Chiltern Local) |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Beef Burgers (GF) (Chiltern Local) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | $\underbrace{\text { n/mill }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 4 Summer 19/20 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Vegetable Burgers (BD-41152) |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Buns for Burgers (BD-81210) |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  | MAY CONTAIN |  |  |
| Ciabatta Buns GF (BD-94204) |  |  |  |  |  | MAY CONTAIN |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Potato Waffles (BD-48506) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Beans (BD-30396) | No allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Ketchup } \\ & \text { (BD-04157) } \end{aligned}$ | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frozen Raspberry Yoghurt Ice cream (BD-58595) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Roast Chicken (Chiltern local) |  |  |  |  |  |  |  |  |  |  |  |  | IN GRAVY |  |
| Gravy (BD-22212) |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Roast Potatoes GF (Chiltern local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Chiltern local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 4 <br> Summer 19/20 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Broccoli (Chiltern local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yorkshire pudding (BD-87474) |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Broccoli \& Cauliflower Cheese (BD-04193) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Yoghurts <br> (DB-72942, 99120, 99126) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Baked potato (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked beans (DB-30396) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese (Chiltern Local) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| English Pizza Muffin (BD-06544, 02631) |  |  |  |  |  |  |  |  |  |  |  | May contain | $\sqrt{ }$ |  |
| Penne Pasta (BD-70490) |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Lentil \& Vegetable Bolognaise (BD-34126) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baton Carrots (Chiltern local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 4 Summer 19/20 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cucumber sticks (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sandwiches | see | Pack | For | allergens |  |  |  |  |  |  |  |  |  |  |
| Mini Donut rings (BD-53564) |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ |  |
| Cod Goujons (Chiltern Local) |  |  |  |  | $\sqrt{ }$ |  |  |  | $\sqrt{ }$ |  |  |  |  |  |
| Fish fingers GF (BD-02771) |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Vegetable Quiche (BD-52485) |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  |  | $\sqrt{ }$ |  |
| Chips <br> (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blueberry Muffins (BD-19064) |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  | MAY CONTAIN | MAY CONTAIN |  |
| Tuna (BD-30530) |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Bread <br> (BD-11655) |  |  |  |  |  |  |  |  |  |  |  | May contain | $\sqrt{ }$ |  |

This is designed to be a guide only. For more details about specific
product contact the school.

Please note that fruit and vegetables that are not listed are free from the above allergens

All pre-packed sandwiches have allergy awareness on the packaging

