DISHES AND THEIR ALLERGEN CONTENT - St Josephs Catholic School - Spring 2020

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 4 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Tricolour Pasta with tomato sauce (BD-70492, Chiltern Local Vegan |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholegrain rice with roasted vegetables (BD-25279) Vegan | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit watermelon (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurts <br> (BD-72942, 99120, 99126) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Italian Meatballs (Chiltern Local) | In factory |  |  | In factory |  |  |  |  | In factory |  |  | In factory | In factory | In factory |
| Quorn meatballs (BD-17148) Chiltern local |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |
| Rice (BD-06587) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Vegetables (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chocolate Chip Mousse (BD-00299, 38123) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ |  |


| DISHES |  |  |  |  | 药 |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 4 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Roast Gammon (Chiltern local) |  |  |  |  |  |  |  |  |  |  |  |  | $\begin{gathered} \text { IN } \\ \text { GRAVY } \end{gathered}$ |  |
| Gravy (BD-22212) |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Roast Potatoes GF (Chiltern local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Chiltern local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable Fajita (BD-91546, Chiltern local) Vegan |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |
| Wholemeal wraps (BD-12242) Vegan |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef Chilli (Chiltern Local, BD-70371, 03350) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lentil \& Vegetable Chilli (Chiltern Local, BD-34126 Vegan | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brown \& White Rice <br> (BD-25279, 06587) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Corn Taco Shells (BD-75640) Vegan |  | May contain |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | 苗 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 4 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Farmhouse Mixed Vegetable (BD04497) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla Ice Cream Tub (BD-91709 |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Vanilla Ice Cream (batch made) BD-98964) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Baked beans (DB-30396) Vegan | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese (Chiltern Local) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Cod fillet (in a bun) (Chiltern Local 21G) |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Bun (for cod fillet) (BD-81210) |  |  |  |  |  |  |  |  |  |  |  |  | MAY CONTAIN |  |
| Vegetable Samosa, Chiltern Local) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish fingers GF (BD-02771) |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Bread <br> (BD-11655) |  | $I$ |  |  |  |  |  |  |  |  |  | May contain | $\sqrt{ }$ |  |
| Chips <br> (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |



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

May Contain - This is a warning that the product is used in the same factory/site.

IF IN DOUBT, LEAVE IT OUT!

All pre-packed sandwiches have allergy awareness on the packaging

