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

| DISHES |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 5 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cherry Tomato \& Basil Pasta (BD-70490) Vegan |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Potato (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegan Cheese <br> (BD-38139 | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas Chiltern Local | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fruit Yoghurts (BD-72942,99120, 99126) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Exotic Fruits (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked Beans (BD-30396) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna (BD-30530) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bread |  |  |  |  |  |  |  |  |  |  |  | May contain | $\sqrt{ }$ |  |
| Fresh Fruit (Birring) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| $\begin{gathered} \text { Main Menu } \\ \text { Wk } 5 \end{gathered}$ | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Cheese (Chiltern Local) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Chicken Tikka Masala (BD-04345 Chiltern Local) |  |  |  |  |  |  | $\sqrt{ }$ |  | May contain |  |  |  |  |  |
| Chick Pea, Potato \& Spinach Curry (Chiltern local) Vegan |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |
| $\begin{aligned} & \text { Rice } \\ & \text { (BD-06587) } \end{aligned}$ | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Coconut \& Jam Sponge (DB-00452, |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ | $\sqrt{ }$ |
| $\begin{aligned} & \text { Cream } \\ & \text { (BD-31653) } \end{aligned}$ |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Roast Turkey (Chiltern Local) |  |  |  |  |  |  | May contain | - |  |  |  |  | IN GRAVY |  |
| $\begin{aligned} & \text { Gravy } \\ & \text { (BD-22212) } \end{aligned}$ |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ |  |
| Roast potato gf (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


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| wk 5 |  |  |  |  |  |  |  |  |  |  |  | = |  | \% |
| \% |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| = | Nomm |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| aismumem | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| \%ommem | $\ldots$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| mameme |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |



