DISHES AND THEIR ALLERGEN CONTENT - St Josephs Catholic School - Winter 2021-22

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Baked Potato (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Baked beans (BD-30396) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese (Chiltern Local) |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Tuna Mayonnaise BD-30530, 04134 |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |  |  |
| Green Pesto Pasta (nut free) BD70490, 04729 |  | $\downarrow$ |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| Garlic Bread (BF-04216 |  |  |  |  |  |  | $\sqrt{ }$ |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Peas } \\ & \text { CL } \end{aligned}$ | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit Salad Chiltern | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Beef Burger (Chiltern Local) |  |  |  |  |  |  |  |  |  |  |  |  | $\sqrt{ }$ | $\checkmark$ |
| Vegetable Burger (BD-41152) Vegan |  | $\downarrow$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Buns for Burgers (BD-81210 |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | MAY CONTAIN |  |  |


| DISHES |  |  |  |  | 囲 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Low sugar Ketchup (BD-04157) Vegan | $\nu$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ciabatta Buns GF (BD-94204) |  |  |  |  |  | MAY CONTAIN |  |  |  |  |  |  | $\nu$ |  |
| English Pancakes Lemon \& Sugar BF-36012,07313, 07531 |  |  |  |  |  |  | $\nu$ |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frubes BD-50508 |  |  |  |  |  |  | $\nu$ |  |  |  |  |  |  |  |
| Alpro Yoghurts BD 35228 |  |  |  |  |  |  |  |  |  |  |  |  | $\nu$ |  |
| Roast Gammon \& Gravy |  |  |  |  |  |  |  |  |  |  |  |  | IN GRAVY | May contain |
| Stuffed Peppers (Birring BD-05997) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Vegetables (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | 元 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Gravy (gf) (BD-22212) |  |  |  |  |  |  |  |  |  |  |  |  | $\nu$ |  |
| Roast Potatoes CL | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Farmhouse Mixed Vegetables <br> (BD-04497) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Korma (BD-70403, 29825 | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vegetable <br> Korma <br> (BD-29825,70403) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice BD-06587 | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholemeal Chapatti vegan (BD-12242) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frubes BD-50508 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | 囲 |  |  |  |  |  |  |  |  |  |
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| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Breaded white Fillet BD 60495 |  | $\nu$ |  |  | $\downarrow$ |  |  |  |  |  |  |  |  |  |
| Vegetable Samosa Chiltern | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas (BD-82829) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla Muffin BF-19070 |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  | May contain | $\sqrt{ }$ |  |
| Bread BF-45897 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ```Sandwich/roll Ham (PORK) BF-45897, 72031, 45683``` |  | $\downarrow$ |  |  |  |  |  |  |  |  |  |  |  |  |
| $\begin{aligned} & \text { Sandwich Cheese } \\ & \text { BF-45897, 72031, } \\ & 72537 \end{aligned}$ |  | $\nu$ |  |  |  |  | $\downarrow$ |  |  |  |  |  |  |  |
| Sandwich Tuna BF-45897, 72031, 30530, 04134 |  | $\downarrow$ |  | $\sqrt{ }$ | $\downarrow$ |  |  |  |  |  |  |  |  |  |
| Salad Bar <br> Allergens <br> highlighted on day <br> If any |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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! Agency
food.gov.uk www.food.gov.uk/allergy

All pre-packed sandwiches have allergy awareness on the packaging along with full ingredient list from October 2021

