DISHES AND THEIR ALLERGEN CONTENT - St Josephs Catholic School - Summer 2021

| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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) |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Tuna Mayonnaise BD-30530, 04134 |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |
| Tomato Pasta BD70490, 17576 |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit Salad Chiltern | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cucumber salad Birring | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Yoghurts (BD-72942, 99120, 99126) |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Fresh Beef Burger (Chiltern Local) |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |
| Vegetable Burger (BD-41152) Vegan |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Buns for Burgers (BD-81210 |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | MAY CONTAIN |  |  |


| DISHES |  |  |  |  | $\underbrace{\text { n/mill }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { Main Menu } \\ & \text { Wk } 3 \end{aligned}$ | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Low sugar Ketchup (BD-04157) Vegan | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweetcorn (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ciabatta Buns GF (BD-94204) |  |  |  |  |  | MAY CONTAIN |  |  |  |  |  |  | $\checkmark$ |  |
| Chocolate <br> Brownie cake <br> BD- 83752 |  | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  | MAY CONTAIN | MAY CONTAIN |  | $\checkmark$ |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Frubes BD-50508 |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Alpro Yoghurts BD 35228 |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Roast Gammon \& Gravy |  |  |  |  |  |  |  |  |  |  |  |  | $\begin{gathered} \operatorname{IN} \\ \text { GRAVY } \end{gathered}$ | May contain |
| Stuffed Peppers (Birring BD-05997) |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Peas (Chiltern Local) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | $\left\{\begin{array}{c} \text { IIIII } \\ 0 \rightarrow 0 \\ 0 \end{array}\right.$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Gravy (gf) <br> (BD-22212) |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Roast Potatoes (Chiltern Local) Aunt Bessie | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Farmhouse Mixed Vegetables <br> (BD-04497) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Fruit selection (Birring) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Tikka Masala <br> (BD-32087, 17576 |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Vegetable Korma (BD-29825) | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rice BD-06587 | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mixed Vegetable (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Wholemeal Chapatti (BD-12242) Vegan |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |
| Fresh Watermelon Chiltern | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breaded white Fillet BD 60495 |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |


| DISHES |  |  |  |  | $\underbrace{\text { n/mill }}$ |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Main Menu Wk 3 | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Vegetable Samosa Chiltern | No <br> Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chips (Chiltern Local) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas <br> (BD-82829) | No Allergens |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mini Donut rings (BD-53564) |  | $\sqrt{ }$ |  | $\sqrt{ }$ |  |  | $\sqrt{ }$ |  |  |  |  |  | $\sqrt{ }$ |  |
| $\begin{aligned} & \text { Bread } \\ & \text { (BD-11655) } \end{aligned}$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | May contain | $\checkmark$ |  |
| Ham <br> Sandwich/roll |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | May contain |  | May contain |
| Cheese sandwich/roll |  | $\checkmark$ |  |  |  |  | $\sqrt{ }$ |  |  |  |  | May contain |  |  |
| Tuna Sandwich/roll |  | $\checkmark$ |  | $\sqrt{ }$ | $\sqrt{ }$ |  |  |  |  |  |  | May contain |  |  |
| Straw Yoghurt 4.5ltr (55 portion) (BD-65440) |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| 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. |  |  |  | Reviewed by: PJ$\begin{aligned} & \text { May Contain - } \\ & \begin{array}{l}\text { that the product } \\ \text { factory/site. }\end{array}\end{aligned}$ |  |  |  |  |  | All pre—packed sandwiches have allergy awareness on the packaging |  |  |  |  |

