

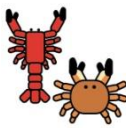

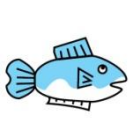





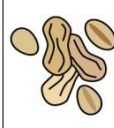





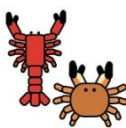
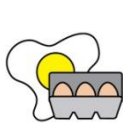
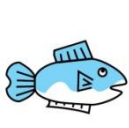





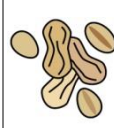



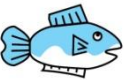




# DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Autumn 2019

All free from menu options are free from gluten and dairy products – for further information please email [homemade@haddenham-st-marys.bucks.sch.uk](mailto:homemade@haddenham-st-marys.bucks.sch.uk)

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable curry and rice		✓					✓							
Roast turkey dinner		✓		✓			✓							
Quorn roast dinner		✓		✓			✓							
Jacket potato with a choice of fillings					✓		✓							
Fish cake, chips and vegetables		✓		✓	✓		✓							
Vegetable fingers, new potatoes/chips/croquettes/rosti and vegetables		✓		✓			✓							
'Free from' fish fingers, new potatoes/chips/croquettes and vegetables					✓									
DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable slice, potato lattice/chips and vegetables		✓		✓			✓							

Roast beef dinner		✓		✓			✓							
Vegetable sausage roast dinner		✓		✓			✓							✓
Falafel roast dinner		✓		✓			✓							
Fish fingers, chips and vegetables		✓		✓	✓		✓							
<b>DISHES</b>														
	<b>Celery</b>	<b>Cereals containing gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Mollusc</b>	<b>Mustard</b>	<b>Nuts</b>	<b>Peanuts</b>	<b>Sesame seeds</b>	<b>Soya</b>	<b>Sulphur Dioxide</b>
Spaghetti carbonara		✓		✓			✓							
Vegetable carbonara		✓		✓			✓							
Mediterranean chicken and rice		✓												
Mediterranean vegetables and rice		✓												
Sweet and sour chicken		✓		✓										
Sweet and sour vegetables		✓		✓										
Chicken burger, potato rosti and vegetables		✓		✓			✓							

Veggie burger, potato rosti and vegetables		✓		✓			✓							
Fish, chips and vegetables					✓									
Tuna pasta bake		✓		✓	✓		✓							
Veggie pasta bake		✓		✓			✓							
Sausage, mash and vegetables		✓		✓			✓							✓
Veggie sausage, mash and vegetables		✓		✓			✓							✓
Spaghetti Bolognese		✓		✓			✓							
Veggie Spaghetti Bolognese		✓		✓			✓							
Chicken goujons, new potatoes/wedges/chips and vegetables		✓		✓			✓							

Review date:  
02/10/19

Reviewed by: J Higgins



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including more information at  
[www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)