**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’sMAIN DISHES – Spring 1 2022

**All free from menu options are free from gluten and dairy products – for further information please email homemade@haddenham-st-marys.bucks.sch.uk**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| ‘Free from’ fish fingers, chips and vegetables |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| Battered fish, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Chicken goujons, potato lattice/crispies and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Fishcake, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Jacket potato with a choice of fillings |  |  |  |  | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Jumbo fish finger, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Meatballs, rice and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Pasta bake with vegetables |  | ✓ |  | ✓ |   |  | ✓ |  |  |  |  |  |  |  |
| Pasta with a choice of toppings |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Quorn roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓  |  |
| Quorn spaghetti Bolognese |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Roast beef dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast turkey dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Sausages, sautéed potatoes and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  | ✓ |
| Spaghetti Bolognese |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Vegan sausage roll, hash brown and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Veggie burger, chips and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Veggie fingers, potato lattice/chips/potato crispies and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie meatballs, rice and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Veggie sausages, sautéed potatoes/chips and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |

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| Review date: 02/12/2021 |   | Reviewed by: | T. Mabbitt | Food Standards Agency food.gov.uk | You can find this template, including more information [at www.food.gov.uk/allergy](http://www.food.gov.uk/allergy) |