

# DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Spring 1 2021

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)

All plant based dishes are free from meat, egg and dairy products

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
'Free from' fish fingers, new potatoes/chips/croquettes and vegetables					✓									
Beef burger, chips and veg		✓		✓			✓							
Breaded fish, chips and vegetables		✓		✓	✓		✓							
Falafel roast dinner		✓		✓			✓							
Fish cake, potato rosti and veg		✓		✓	✓		✓							
Jacket potato with a choice of fillings					✓		✓							
Jumbo fish fingers, potato lattice and vegetables		✓		✓	✓		✓							
Pizza, potato wedges and veg		✓		✓			✓							
Quorn roast dinner		✓		✓			✓							
Roast beef dinner		✓		✓			✓							

Roast turkey dinner		✓		✓			✓							
Spaghetti Bolognese		✓		✓			✓							
Toad in the hole, mash and vegetables		✓		✓			✓							✓
Tomato and bacon pasta bake		✓		✓			✓							
Tomato pasta bake		✓		✓			✓							
Veggie burger, chips and vegetables		✓		✓			✓							
Vegetable curry and rice		✓					✓							
Vegetable fingers, new potatoes/chips/ croquettes/rosti and vegetables		✓		✓			✓							
Vegetable jambalya		✓					✓							
Vegetable slice, potato lattice/chips and vegetables		✓		✓			✓							
Veggie sausage, mash and veg		✓		✓			✓							✓
Veggie sausage roast dinner		✓		✓			✓							✓

Review date:  
02/12/2020

Reviewed by: J Higgins



You can find this template,  
including more information at  
[www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)