**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’sMAIN DISHES – Autumn 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**

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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, new potatoes/chips and vegetables | |  | |  | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Breaded fish, chips/rosti/new potatoes and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Cod bites, potato rosti and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Falafel roast dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Fish fingers, chips/rosti/lattice and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Fishcake, chips/potato rosti and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Jacket potato with a choice of fillings | |  | |  | |  | |  | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Jumbo fishfingers, chips and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Meatballs and spaghetti | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Quorn roast dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Roast beef dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Roast turkey dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Sausages, sautéed potatoes and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | | ✓ | |
| Teriyaki chicken and rice | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Teriyaki quorn and rice | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Tomato and mozzarella pasta | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Turkey burger, potato rosti and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegan sausage roll, hash brown and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Vegetable chilli and rice | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable curry and rice | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable fingers, new potatoes/chips/croquettes/ rosti and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable patty, potatoes and veg | |  | | ✓ | |  | |  | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable slice, chips/potato lattice and vegetables | |  | |  | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable stir-fry and rice | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Veggie burger, potato rosti/chips and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Veggie meatballs and spaghetti | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Veggie sausage roast dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |

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| Review date: 02/07/2021 |  | Reviewed by: | J Higgins | 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) |