**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) |