**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’s MAINS – Spring 1 2025

**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** |
| Battered fish, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Breaded fish, chips/rosti/new potatoes and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Cod bites, croquettes and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Fish, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Fish burger, potato lattice/chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Fishcake, chips/potato rosti and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Fish fingers, chips/rosti/lattice and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| ‘Free from’ fish fingers, new potatoes/chips and vegetables |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| ‘Free from’ tuna and broccoli pasta bake |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| Garlic bread |  | ✓ |  |  |  |  | ✓ |  |  |  |  |  |  |  |
| Glamorgan sausage |  | ✓ |  |  |  |  | ✓ |  |  |  |  |  |  | ✓ |
| ‘Free from’ tuna pasta bake |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| Jacket potato with a choice of fillings |  |  |  |  | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Jumbo fish finger, potato lattice/chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Meatballs and spaghetti |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Pasta bake with vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Pasta with a choice of topping |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Quorn roast lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Quorn roast sausage lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Roast beef lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast falafel lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast gammon lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast sausage lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Spaghetti Bolognese and garlic bread |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Tuna pasta bake |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Vegetable pasta bake |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie burger, potato rosti/chips/hash browns and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Vegetable curry and rice |  | ✓ |  |  |  |  | ✓ |  |  |  |  |  |  |  |
| Vegetable fingers, new potatoes/chips/croquettes/ rosti/crispers and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie meatballs and spaghetti |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Veggie sausage roast lunch |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  | ✓ |  |
| Vegetable pasta bake |  | ✓ |  |  |  |  | ✓ |  |  |  |  |  |  |  |

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| Review date: 20/11/24 |   | Reviewed by: | C.Cartmell / K.Caesar-Gordon | 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) |