**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’sMAIN DISHES – Spring 1 2024

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |  | |  |  | |  | ✓ | |  |  |  |  |  |  | |  | |  |  | | |
| Breaded fish, chips and vegetables |  | | ✓ |  | | ✓ | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Burger pasta bake |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Cheesy pizza with vegetable sticks |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Chicken casserole with mash potato and vegetables |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Chilli with rice and nachos |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Fish burger, chips and vegetables |  | | ✓ |  | | ✓ | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Fishcake, chips and vegetables |  | | ✓ |  | | ✓ | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Glamorgan sausage, chips and vegetables |  | | ✓ |  | |  |  | |  | ✓ |  | ✓ |  |  | |  | |  |  | | |
| Jacket potato with a choice of fillings |  | |  |  | |  | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Pasta with a choice of toppings |  | | ✓ |  | | ✓ | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Quorn casserole with mash and vegetables |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | | ✓ |  | | |
| Quorn chilli with rice and nachos |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | | ✓ |  | | |
| Quorn roast dinner |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | | ✓ |  | | |
| Roast beef dinner |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Roast gammon dinner |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Roast sausage dinner |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  | ✓ | | |
| Meatballs with spaghetti |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Tuna pasta bake |  | | ✓ |  | | ✓ | ✓ | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Vegan sausage roll with potato crispers and vegetables |  | | ✓ |  | |  |  | |  |  |  |  |  |  | |  | | ✓ |  | | |
| Veggie burger, chips and vegetables |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | | ✓ |  | | |
| Vegetable pasta bake |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | |  |  | | |
| Veggie meatballs with spaghetti |  | | ✓ |  | | ✓ |  | |  | ✓ |  |  |  |  | |  | | ✓ |  | | |
| Review date: 17/11/23 | |  | | | 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) | | |