**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) |