**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’s MAIN DISHES – Spring 2

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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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** |
| **MAINS:** |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Broccoli bake | ✓ | ✓ |  | ✓ |  |  | ✓ |  |  |  | |  | |  | ✓ |  | |
| Cauliflower cheese grill |  | ✓ |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |
| Cheesy pizza |  | ✓ |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |
| Crunchy vegetable pie | ✓ | ✓ |  | ✓ |  |  | ✓ |  | ✓ |  | |  | |  | ✓ |  | |
| Hunters chicken pasta bake |  | ✓ |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |
| Lentil pasta bake |  |  |  |  |  |  |  |  |  |  | |  | |  | ✓ |  | |
| Pork sausages |  | ✓ |  |  |  |  |  |  |  |  | |  | |  |  | ✓ | |
| Toad in the hole |  | ✓ |  | ✓ |  |  | ✓ |  |  |  | |  | |  |  | ✓ | |
| Tuna pasta bake |  |  |  |  | ✓ |  |  |  |  |  | |  | |  |  |  | |
| Vegetable paella |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Vegetable sausage | ✓ | ✓ |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| **ROAST:** |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Beef |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Gammon |  |  |  |  |  |  |  |  |  |  | |  | |  |  | ✓ | |
| Pork chipolatas |  | ✓ |  |  |  |  |  |  |  |  | |  | |  |  | ✓ | |
| **FISH:** |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Cod fillet |  | ✓ |  |  | ✓ |  |  |  | ✓ |  | |  | |  |  |  | |
| Salmon fishcake |  | ✓ |  |  | ✓ |  |  |  |  |  | |  | |  |  |  | |
| Fishcake |  |  |  |  | ✓ |  |  |  |  |  | |  | |  |  |  | |
| Fishfinger |  |  |  |  | ✓ |  |  |  |  |  | |  | |  |  |  | |
| **STARCHY FOODS:** |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Pasta |  | ✓ |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Rice |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Chips |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Rosti |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Herby diced potatoes |  | ✓ |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Roast potatoes |  | ✓ |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Mashed potatoes |  |  |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |
| Potato wedges |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Vegetable roast |  | ✓ |  | ✓ |  |  |  |  |  |  | |  | |  |  |  | |
| **SAUCES:** |  |  |  |  |  |  |  |  |  |  | |  | |  |  |  | |
| Butter chicken sauce |  |  |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |
| Pesto |  |  |  |  |  |  | ✓ |  |  |  | |  | |  |  |  | |

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| Review date: 22/01/25 |  | 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) |