

# DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Summer 1 2022

All free from menu options are free from gluten and dairy products – for further information please email [homemade@haddenham-st-marys.bucks.sch.uk](mailto: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
'Free from' fish fingers, chips and vegetables					✓									
Battered fish, chips and vegetables		✓		✓	✓		✓							
Chicken goujons, potato crisps and vegetables		✓		✓			✓							
Cottage pie and vegetables							✓							
Cod bites, chips and vegetables		✓		✓	✓		✓							
Jacket potato with a choice of fillings					✓		✓							
Jumbo fish finger, chips and vegetables		✓		✓	✓		✓							
Macaroni cheese		✓		✓			✓							
Meatballs and spaghetti		✓		✓			✓							
Pasta bake with vegetables		✓		✓			✓							
Pasta with a choice of toppings		✓		✓	✓		✓							

Quorn cottage pie with vegetables		✓		✓			✓						✓	
Quorn meatballs with spaghetti		✓		✓			✓						✓	
Quorn roast dinner		✓		✓			✓						✓	
Quorn sausage roast dinner		✓		✓			✓						✓	
Roast beef dinner		✓		✓			✓							
Roast sausage dinner		✓		✓			✓							✓
Roast turkey dinner		✓		✓			✓							
Sausage, mash and vegetables		✓		✓			✓							✓
Vegan sausage roll, potato rosti and vegetables		✓		✓			✓						✓	
Veggie bites, potato crispers/chips and vegetables		✓		✓			✓						✓	
Veggie burger, hash browns/potato crispers/chips/roast and vegetables		✓		✓			✓						✓	
Veggie fingers, potato lattice/chips/potato crispies and vegetables		✓		✓			✓							
Veggie sausage, mash and vegetables		✓		✓			✓						✓	

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Reviewed by: T. Mabbitt



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