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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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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** | |
| Breaded fish, chips/rosti/new potatoes and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Chilli, rice and nachos | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Cowboy hotpot with wedges (sausages peppers, carrot, sweetcorn, kidney beans) | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Fish burger, potato lattice/chips and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Fishcake, chips/potato rosti and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ cheesy pizza with vegetable sticks | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ chilli with rice and nachos | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ Cowboy hotpot with wedges | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ fish fingers, new potatoes/chips and vegetables | |  | |  | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ pasta with choice of toppings | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Italian chicken with colourful rice | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Italian vegetable stew with rice | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| ‘Free from’ tuna pasta bake | |  | |  | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Jacket potato with a choice of fillings | |  | |  | |  | |  | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Jumbo fish finger, potato lattice/chips and vegetables | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Pasta bake with vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Pasta with a choice of topping | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Quorn chilli, rice and nachos | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Quorn roast dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Quorn roast sausage dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Roast gammon | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Roast sausage dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Tomato and mascarpone spaghetti pot | |  | | ✓ | |  | |  | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Tuna pasta bake | |  | | ✓ | |  | | ✓ | | ✓ | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable chilli, rice and nachos | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable cowboy hotpot with wedges | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable fingers, new potatoes/chips/croquettes/ rosti/crispers and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Vegetable pasta bake | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | |  | |  | |
| Veggie sausage roast dinner | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |
| Veggie burger, rosti and vegetables | |  | | ✓ | |  | | ✓ | |  | |  | | ✓ | |  | |  | |  | |  | |  | | ✓ | |  | |

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| Review date: 17/01/24 |  | 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) |