

DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Autumn 2023

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
'Free from' fish fingers, chips and vegetables					✓									
Breaded fish, chips and vegetables		✓		✓	✓		✓							
Cheesy pizza with vegetable sticks		✓		✓			✓							
Chicken fajita with rice		✓		✓			✓							
Chicken goujons, potato crispers and vegetables		✓		✓			✓							
Chilli with rice and nachos		✓		✓			✓							
Christmas dinner		✓		✓			✓							
Falafel roast dinner		✓		✓			✓							
Fish burger, chips and vegetables		✓		✓	✓		✓							
Jumbo fish finger, chips and vegetables		✓		✓	✓		✓							
Glamorgan sausage, chips and vegetables		✓					✓		✓					

Jacket potato with a choice of fillings					✓		✓							
Pasta with a choice of toppings		✓		✓	✓		✓							
Quorn Christmas dinner		✓		✓			✓						✓	
Quorn fajita with rice		✓		✓			✓						✓	
Quorn roast dinner		✓		✓			✓						✓	
Roast beef dinner		✓		✓			✓							
Roast gammon dinner		✓		✓			✓							
Roast sausage dinner		✓		✓			✓							✓
Meatballs with spaghetti		✓		✓			✓							
Vegetable dippers, potato crispers and vegetables		✓		✓			✓							
Vegan sausage roll, chips and vegetables		✓											✓	
Vegetable fingers, chips/potato crispers and vegetables		✓		✓			✓							
Veggie chilli with rice and nachos		✓		✓			✓						✓	
Veggie quarter pounder, chips and vegetables		✓		✓			✓						✓	

Vegetable pasta bake		✓		✓			✓							
Veggie meatballs with spaghetti		✓		✓			✓						✓	

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Reviewed by: T. Mabbitt / K. Caesar-Gordon



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including more information at
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