




DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Autumn 2019

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
Vegetable curry and rice		✓					✓							
Roast turkey dinner		✓		✓			✓							
Quorn roast dinner		✓		✓			✓							
Jacket potato with a choice of fillings					✓		✓							
Fish cake, chips and vegetables		✓		✓	✓		✓							
Vegetable fingers, new potatoes/chips/croquettes/rosti and vegetables		✓		✓			✓							
'Free from' fish fingers, new potatoes/chips/croquettes and vegetables					✓									
DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegetable slice, potato lattice/chips and vegetables		✓		✓			✓							

Roast beef dinner		✓		✓			✓							
Vegetable sausage roast dinner		✓		✓			✓							✓
Falafel roast dinner		✓		✓			✓							
Fish fingers, chips and vegetables		✓		✓	✓		✓							
DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spaghetti carbonara		✓		✓			✓							
Vegetable carbonara		✓		✓			✓							
Mediterranean chicken and rice		✓												
Mediterranean vegetables and rice		✓												
Sweet and sour chicken		✓		✓										
Sweet and sour vegetables		✓		✓										
Chicken burger, potato rosti and vegetables		✓		✓			✓							

Veggie burger, potato rosti and vegetables		✓		✓			✓							
Fish, chips and vegetables						✓								
Tuna pasta bake		✓		✓		✓								
Veggie pasta bake		✓		✓			✓							
Sausage, mash and vegetables		✓		✓			✓							✓
Veggie sausage, mash and vegetables		✓		✓			✓							✓
Spaghetti Bolognese		✓		✓			✓							
Veggie Spaghetti Bolognese		✓		✓			✓							
Chicken goujons, new potatoes/wedges/chips and vegetables		✓		✓			✓							

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Reviewed by: J Higgins



You can find this template, including more information at www.food.gov.uk/allergy