

# DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Autumn 1 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](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					✓									
Bean burger, chips and vegetables		✓		✓			✓							
Breaded fish, chips and vegetables		✓		✓	✓		✓							
Chicken curry with rice		✓		✓			✓							
Chicken goujons, potato bites and vegetables		✓		✓			✓							
Fish burger, chips and vegetables		✓		✓	✓		✓							
Fish cake, chips and vegetables		✓		✓	✓		✓							
Glamorgan sausage, chips and vegetables		✓					✓		✓					
Jacket potato with a choice of fillings					✓		✓							
Pasta with a choice of toppings		✓		✓	✓		✓							
Quorn Bolognese		✓		✓			✓						✓	

Quorn curry with rice		✓		✓			✓						✓	
Quorn roast dinner		✓		✓			✓						✓	
Quorn sausage in a bun, potato crispers and vegetable sticks		✓		✓			✓						✓	
Roast beef dinner		✓		✓			✓							
Roast gammon dinner		✓		✓			✓							
Roast sausage dinner		✓		✓			✓							✓
Sausage in a bun, potato crispers/chips and vegetable sticks		✓		✓			✓							✓
Spaghetti Bolognese		✓		✓			✓							
Vegan sausage roll with vegetable rice		✓											✓	
Vegetable fingers, chips and vegetables		✓		✓			✓							
Veggie burger, chips/potato bites and vegetables		✓		✓			✓						✓	
Vegetable pasta bake		✓		✓			✓							
Veggie sausage in a bun, chips and vegetable sticks		✓		✓			✓						✓	

Veggie sausage roast		✓		✓			✓						✓	
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Review date:  
28/06/23

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



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