## 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

DISHES						Lupin Flour	Milk		MUSTARD					Good WINE
	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		1		<b>✓</b>	<b>✓</b>		<b>✓</b>							
Chilli, rice and nachos		1		1			<b>✓</b>							
Cowboy hotpot with wedges (sausages peppers, carrot, sweetcorn, kidney beans)		1												
Fish burger, potato lattice/chips and vegetables		1		<b>✓</b>	<b>✓</b>		<b>✓</b>							
Fishcake, chips/potato rosti and vegetables		<b>✓</b>		<b>✓</b>	<b>✓</b>		<b>✓</b>							
'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					<b>✓</b>									
'Free from' pasta with choice of toppings														
Italian chicken with colourful rice														

Italian vegetable stew with rice								
'Free from' tuna pasta bake			1					
Jacket potato with a choice of fillings			✓	✓				
Jumbo fish finger, potato lattice/chips and vegetables	1	✓	1	✓				
Pasta bake with vegetables	✓	✓		✓				
Pasta with a choice of topping	<b>✓</b>	✓	<b>✓</b>	✓				
Quorn chilli, rice and nachos	<b>✓</b>	✓		✓			1	
Quorn roast dinner	<b>✓</b>	✓		✓			✓	
Quorn roast sausage dinner	1	✓		✓			1	
Roast gammon	1	✓		✓				
Roast sausage dinner	1	✓		✓				
Tomato and mascarpone spaghetti pot	1			✓				
Tuna pasta bake	<b>✓</b>	✓	1	✓				
Vegetable chilli, rice and nachos	<b>✓</b>	✓		<b>√</b>				

Vegetable cowboy hotpot with wedges	<b>√</b>							
Vegetable fingers, new potatoes/chips/croquettes/ rosti/crispers and vegetables	✓	✓		✓				
Vegetable pasta bake	✓	✓		✓				
Veggie sausage roast dinner	✓	✓		✓			1	
Veggie burger, rosti and vegetables	<b>√</b>	<b>√</b>		<b>√</b>			1	

Review date: 17/01/24

Reviewed by: C.Cartmell / K. Caesar -Gordon



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