DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary'sMAIN DISHES – Autumn 2 2017

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			No.			Lupin Flour			MUSTARD					Boor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hotdog, chips and coleslaw		1		$\checkmark$			$\checkmark$							
Veggie hotdog, chips and coleslaw		1		$\checkmark$			$\checkmark$							
'Free from' hotdog, chips and salad														
Roast turkey dinner		1		$\checkmark$			$\checkmark$							
Quorn roast dinner		1		$\checkmark$			$\checkmark$							
Jacket potato with a choice of fillings					$\checkmark$		$\checkmark$							
Breaded fish, new potatoes and vegetables		1			$\checkmark$									
Vegetable fingers, new potatoes vegetables		$\checkmark$		$\checkmark$										
'Free from' fish fingers, new potatoes and vegetables					$\checkmark$									
DISHES						Lupin Flour			MUSTARD					Boor WINE
	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur

	containing gluten						seeds	Dioxide
Pizza, potato wedges and vegetables	$\checkmark$			$\checkmark$				
'Free from' pizza, potato wedges and vegetables								
Sausages, mash and vegetables	<ul> <li>✓</li> </ul>			$\checkmark$				
Veggie sausages, mash and vegetables	$\checkmark$			$\checkmark$				
Chicken breast, mash and vegetables								
Roast beef dinner	$\checkmark$	$\checkmark$		$\checkmark$				
Vegetable sausage roast dinner	$\checkmark$	$\checkmark$		$\checkmark$				$\checkmark$
Fish burger, potato wedges and vegetables	$\checkmark$		$\checkmark$					
Veggie burger, potato wedges and vegetables	$\checkmark$							
'Free from' fish fingers, potato wedges and vegetables			$\checkmark$					
Tomato pasta bake, garlic bread and salad	$\checkmark$			$\checkmark$				
'Free from' tomato pasta bake and salad								
Salmon and broccoli fishcake, potato rosti and vegetables	$\checkmark$	$\checkmark$		$\checkmark$				

DISHES			×.			Lupin Flour			MUSTARD		0		-6 <u>8</u>	Barr
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese and onion slice, potato rosti and vegetables		$\checkmark$		$\checkmark$			$\checkmark$							
'Free from' fish fingers, potato rosti and vegetables					1									
Spaghetti Bolognese and garlic bread		$\checkmark$					$\checkmark$							
Vegetable pasta and garlic bread		$\checkmark$					$\checkmark$							
'Free from' spaghetti bolognese														
Pasta and meatballs		1					$\checkmark$							
Vegetable pasta		$\checkmark$					$\checkmark$							
'Free from' pasta and meatballs														
Chicken and vegetable pie		$\checkmark$					$\checkmark$							
Vegetable pie		1					$\checkmark$							
'Free from' chicken and vegetable pie														

Turkey casserole									
Vegetable casserole									
Scampi, chips and peas	$\checkmark$	1		$\checkmark$	$\checkmark$				
Vegetable fingers, chips and peas	$\checkmark$		$\checkmark$						
'Free from' fish fingers, chips and peas				1					

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Reviewed by: J Higgins



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