**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’sMAIN DISHES – Autumn 2 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 |
|  | **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 |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
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| Vegetable slice, potato lattice/chips and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast beef dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Vegetable sausage roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  | ✓ |
| Falafel roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Fish fingers, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
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| 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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| Review date: 02/10/19 |  | Reviewed by: | J Higgins | Food Standards Agency food.gov.uk | You can find this template, including more information [at www.food.gov.uk/allergy](http://www.food.gov.uk/allergy) |