**DISHES AND THEIR ALLERGEN CONTENT –** Homemade@Haddenham St Mary’sMAIN DISHES – Spring 1 2020

**All free from menu options are free from gluten and dairy products – for further information please email homemade@haddenham-st-marys.bucks.sch.uk**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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** |
| ‘Free from’ fish fingers, new potatoes/chips/croquettes and vegetables |  |  |  |  | ✓ |  |  |  |  |  |  |  |  |  |
| Breaded fish, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Chicken goujons, new potatoes/wedges/chips and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Chicken Kiev, potato rosti and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Chilli, rice and nachos |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Falafel roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Fish burger, chips/potato lattice/potatoes and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Fish cake, chips and vegetables |  | ✓ |  | ✓ | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Jacket potato with a choice of fillings |  |  |  |  | ✓ |  | ✓ |  |  |  |  |  |  |  |
| Meatballs and spaghetti |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Mediterranean chicken and rice |  | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |
| Mediterranean vegetables and rice |  | ✓ |  |  |  |  |  |  |  |  |  |  |  |  |
| Quorn roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast beef dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Roast turkey dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Sausage, mash and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  | ✓ |
| Sweet and sour chicken |  | ✓ |  | ✓ |  |  |  |  |  |  |  |  |  |  |
| Sweet and sour vegetables |  | ✓ |  | ✓ |  |  |  |  |  |  |  |  |  |  |
| Turkey pastichio |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Vegetable chilli, rice and nachos |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Vegetable fingers, new potatoes/chips/ croquettes/rosti and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Vegetable sausage roast dinner |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  | ✓ |
| Vegetable slice, potato lattice/chips and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie burger, potato rost/latticei and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie Kiev, potato rosti and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie meatballs and spaghetti |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie pastichio |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  |  |
| Veggie sausage, mash and vegetables |  | ✓ |  | ✓ |  |  | ✓ |  |  |  |  |  |  | ✓ |

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| Review date: 25/11/2019 |   | 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) |