

DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary’s MAIN DISHES – Autumn 2021

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
'Free from' fish fingers, new potatoes/chips and vegetables					✓									
Christmas roast dinner		✓		✓			✓							
Cod bites, potato rosti/lattice/chips and vegetables		✓		✓	✓		✓							
Falafel roast dinner		✓		✓			✓							
Fishcake, chips/potato rosti and vegetables		✓		✓	✓		✓							
Jacket potato with a choice of fillings					✓		✓							
Jumbo fishfingers, chips and vegetables		✓		✓	✓		✓							
Meatballs and spaghetti		✓		✓			✓							
Pasta with a choice of toppings		✓		✓	✓		✓							
Quorn roast dinner		✓		✓			✓						✓	
Roast beef dinner		✓		✓			✓							

Roast turkey dinner		✓		✓			✓							
Sausages, sautéed potatoes and vegetables		✓		✓			✓							✓
Spaghetti Bolognese		✓												
Teriyaki chicken and rice		✓		✓			✓							
Teriyaki quorn and rice		✓												
Tomato pasta bake		✓		✓			✓							
Turkey escalope, potato rosti and vegetables		✓		✓			✓							
Vegan sausage roll, hash brown and vegetables		✓		✓			✓						✓	
Vegetable chilli and rice		✓												
Vegetable curry and rice		✓		✓			✓							
Vegetable fingers, new potatoes/chips/croquettes/rosti and vegetables		✓		✓			✓							
Veggie escalope, potato rosti and veg		✓					✓							
Vegetable slice, chips/potato lattice and vegetables				✓			✓							
Veggie burger, potato rosti/chips and vegetables		✓		✓			✓						✓	

Veggie Christmas roast dinner		✓		✓			✓						✓	
Veggie meatballs and spaghetti		✓		✓			✓						✓	
Veggie sausages, sautéed potatoes and veg		✓		✓			✓						✓	
Veggie spaghetti bolognese		✓		✓			✓						✓	
Veggie sausage roast dinner		✓		✓			✓						✓	

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Reviewed by: J Higgins



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