

DISHES AND THEIR ALLERGEN CONTENT – Homemade@Haddenham St Mary's MAIN DISHES – Autumn 1 2022

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, chips and vegetables					✓									
Battered fish, chips and vegetables		✓		✓	✓		✓							
Cheese and onion pasty, potato wedges and veg		✓		✓			✓							
Chicken pasta bake		✓		✓			✓							
Chicken goujons, potato wedges/fries and vegetables		✓		✓			✓							
Fishcake, chips and vegetables		✓		✓	✓		✓							
Jacket potato with a choice of fillings					✓		✓							
Jumbo fish finger, chips and vegetables		✓		✓	✓		✓							
Meatballs and rice		✓		✓			✓							
Pasta bake with vegetables		✓		✓			✓							
Pasta with a choice of toppings		✓		✓	✓		✓							

Quorn bites, wedges and vegetables		✓		✓			✓						✓	
Quorn Bolognese		✓		✓			✓						✓	
Quorn meatballs with rice		✓		✓			✓						✓	
Quorn pasta bake		✓		✓			✓						✓	
Quorn roast dinner		✓		✓			✓						✓	
Quorn sausage roast dinner		✓		✓			✓						✓	
Quorn sausage, mash and vegetables		✓		✓			✓						✓	
Roast beef dinner		✓		✓			✓							
Roast sausage dinner		✓		✓			✓							✓
Roast turkey dinner		✓		✓			✓							
Sausage, mash and vegetables		✓		✓			✓							✓
Spaghetti Bolognese		✓		✓			✓							
Vegan sausage roll, potato wedges, and vegetables		✓		✓			✓						✓	
Veggie bites, chips and vegetables		✓		✓			✓						✓	

Veggie burger, chips and vegetables		✓		✓			✓						✓	
Veggie goujons, fries and vegetables		✓		✓			✓						✓	
Veggie sausage, chips vegetables		✓		✓			✓						✓	
Veggie sausage roast dinner		✓		✓			✓						✓	

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Reviewed by: T. Mabbitt



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