

**THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE**

<b>TERM 3 /Jan 2019</b>													
<b>- WEEK 1,4,7</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
Macaroni Cheese	Yes						yes						
Winter vegetable Risotto									yes				
Vanilla sponge cake	Yes		Yes									Yes	
Paprika Chicken/Rice	Yes								Yes				
Jacket Potato with cheese and beans							Yes						
Banana Custard							Yes						
Beef Cobbler	Yes								Yes				
Tomato and Basil Pasta	Yes												
Fruit Yoghurts							Yes						
Breaded Fish	Yes						Yes			Yes			
Vegetable Buritto	Yes								yes				
Cinnamon Shortbread	Yes								yes				
Sausage and Mash (Gravy)**	yes					Yes**	yes						



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<b>TERM 2 - WEEK 2 &amp; 5</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
Tuna and Sweetcorn Pasta	Yes			Yes			Yes						
Jacket Potato with cheese and beans							Yes						
Jam tart	Yes												
Cottage Pie	yes								yes				
Winter Crumble	yes								Yes				
Chocolate Brownie	yes		yes										
Cheese and Tomato Pizza	yes						yes						
Vegetable and chickpea curry/Rice									yes				
Roast sausage /Gravy**	Yes					Yes**							
Vegetarian Sausage	Yes		Yes				Yes						
Fresh fruit Salad							yes						
Peri Peri Chicken													
Cauli/Brocoli Cheese	Yes						Yes						
Raspberry and Yoghurt Cake	Yes						(Yes)						
Sweet and Sour Chicken/Rice Stir fry Vegetables									Yes				

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<b>TERM 2- WEEK 3 &amp; 6</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
Mediterranean Pasta Bake	yes												
Mild chicken curry	yes								yes				
JPotato with Cheese and Beans							yes						
Pear and Chocolate Sponge	Yes		yes										
Oat and Raisin Cookies	Yes											Yes	
Beef Bolognese	Yes					Yes			Yes				
Lentil Bolognese	Yes						yes						
Homemade cheese and Tomato	Yes						yes						
Spanish Rice									Yes				
Fruit yoghurts							Yes						
MCS Fish Fingers/Chips	yes			Yes									
Mixed Veg Frittata			Yes				Yes						
Lemon Cake	Yes		Yes										