

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 2 2020 - WEEK 1,4,7	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Menu Item/Allergen													
Macaroni cheese	X						X						
Winter vegetable Risotto									X				
Vanilla sponge	X		X										
Mild Chicken Curry and Rice	X								X				
Jacket Potato and Beans													
Ratatouille PASTA	X								X				
Beef Lasagne	X						X		X				
Banana Flapjack	X												
Breaded Fish	X									X			
Fruit Salad													
Cheese and Tomato Pizza	X						X					X	
Vegetable Balti/Rice	X								X				
Cauliflower Cheese	X						X						
Ice cream							X						
Chocolate shortbread	X												
Christmas Lunch/Gravy**	X					X**							
Christmas Biscuit	X		X										

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TERM 2 2020 WEEK 2, 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Tuna and Sweetcorn Pasta bake	X			X			X						
Jacket Potato with beans and cheese**	X						X**						
Apple and Blackberry Crumble/Custard**	X						X**						
Beef Bolognese	X								X				
Cheesy Vegetable Crumble/Mashed Potato**	X						X**		X				
Lentil Bolognese	X												
Blueberry Sponge	X								X				
Winter Spiced SHORTBREAD	X												
Stir Fry Vegetables/Noodles**	X**					X							
Mild Quorn Chilli /Rice	X					X	X						
Quorn sausage Hot dog	X		X				X						
Ice Cream							X						
Cheese and Tomato Pizza	X						X						
Roasted vegetable Wrap	X								X				
Melon							X						
Cheese and Tomato Pizza (dairy free)	X												

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TERM 2 2020 WEEK 3,6	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Menu Item/Allergen													
Tomato and Hidden Veg Pasta Bake	X								X				
Chicken Paprika and Rice	X								X				
Cheese and Tomato Pizza	X						X						
Vegetable and Lentil Stew	X								X				
Breaded Fish Fingers	X			X									
Beef Cobbler	X						X		X				
Sticky Toffee Pudding/Toffee Sauce**	X		X				**X						
Oat and Raisin Cookie	X		X				X					X	
Leek and Potato Cake	X		X				X						
Glamorgan Veggie Burger	X						X						
Jacket Potato with Beans													
Cheese and Broccoli Flan	X		X				X						
Pepper Frittata			X				X						
DAIRY FREE PIZZA	X												
Fresh Fruit Salad													