

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 3 2021 - WEEK 1,4,7													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
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				
Breaded Fish	X			X						X			
Fruit Salad													
Cheese and Tomato Pizza	X						X						
Vegetable Balti/Rice	X								X				
Cauliflower Cheese	X						X						
Peaches and custard**							X**						
Chocolate shortbread	X												
Apple Flapjack	X												

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TERM 3 2021 WEEK 2, 5	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Menu Item/Allergen													
Tuna Pasta bake	X			X					X				
Jacket Potato with beans													
Apple and Blackberry Crumble/Custard**	X						X**						
Beef Bolognese	X								X				
Cheesy Vegetable Crumble/Mashed Potato	X						X		X				
Lentil Bolognese	X												
Chicken Casserole	X								X				
Winter Spiced SHORTBREAD	X												
Banana Cake	X		X										
Quorn Sausage	X		X				X						
Pork sausage Roast/Gravy**	X					X**							
Artic Roll	X						X						
Cheese and Tomato Pizza	X						X						
Vegan Chilli and Rice									X				
Melon													

TERM 3 2021 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				

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Cheese and Tomato Pizza	X						X						
Vegetable and Bean Stew	X								X				
Breaded Fish Fingers	X			X									
Beef Cobbler	X						X		X				
Sticky Toffee Pudding/Toffee Sauce**	X		X				**X						
Rock cakes	X		X									X	
Lentil Burger	X		X				X						
Quorn sausage	X		X				X						
Jacket Potato with Beans													
Vegetable Stir Fry	X		X				X						
Lemon Cake	X		X										
DAIRY FREE PIZZA	X												
Fresh Fruit Salad													