

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 5 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						
Spring vegetable Risotto									X				
Vanilla sponge	X		X										
Chicken curry and Rice	X								X				
Butternut Squash Tagine and cous cous	X								X				
Vegetable PASTA bake	X								X				
Beef Lasagne	X						X		X				
Flapjacks	X												
Breaded Fish	X			X									
Fruit Salad													
Pork Sausage/mash**/Gravy***	X					X***	X**						
Vegetarian Sausage	X		X				X						
Fish Fingers	X			X									
Wholewheat Cheese and Tomato Quiche	X		X				X						
Chocolate shortbread	X												

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TERM 5 2021 WEEK 2, 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Salmon and Broccoli Pasta bake	X			X			X						
Jacket Potato with beans													
Lemon Cake	X		X										
Cottage Pie	X						X		X				
Lentil Burger	X		X						X				
Sweet and Sour Chicken /Rice	X			X									
<i>Cheesey veg Gratin</i>	X								X				
<i>Stewed Apple and Custard**</i>	X						X**						
Ice Cream	X												
Beef Bolognese	X								X				
Lentil Bolognese	X								X				
Sausage Roast	X						X						
Cheese and Tomato Pizza	X						X						
Quorn Sausage Hot Dog	X		X				X						
Melon													
Shortbread	X												

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TERM 3 2021 WEEK 3,6													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Tomato and Hidden Veg Pasta Bake	X								X				
Chicken Curry and Rice	X								X				
Cheese and Tomato Pizza	X						X						
Vegetable Biryani	X								X				
Breaded Fish Fingers	X			X									
Beef Bolognese	X								X				
Stewed Apple and Custard**	X		X				**X						
Chocolate Oat Cookie	X												
Lentil Bolognese	X								X				
Quorn sausage	X		X				X						
Jacket Potato with Beans													
Sausage Roast Dinner / Gravy***	X					X***	X						
Lemon Cake	X		X										
Cheese and Onion Roll	X						X						
Melon													