

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

<b>Term 5 April/May 2022 - 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>
Hidden Vegetable Pasta	X								X				
Cheese and Onion Pasty	X						X						
Banana cake	X		X										
Beef Chilli	X								X				
Jacket Potato with Beans													
Summer Fruit Crumble/Cream**	X						X**						
Cheese and Tomato Pizza	X						X						
Lentil Burger in a Bun	X								X				
Chocolate Shortbread	X												
Macaroni and Ham Cheese	X						X						
Ratatouille Pasta	X								X				
Ice Cream							X						
Fish Fingers	X			X									
Vegetable and Bean Enchillada	X								X				
Fresh Melon/Fruit Salad													

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<b>TERM 5 April/May 2022</b>													
<b>WEEK 2, 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>
Tomato, Mozzarella and Penne	X						X		X				
Spring Vegetable Risotto									X				
Lemon Sponge	X		X										
Chicken a la King /Rice	X						X		X				
Jacket Potato with Beans													
Flapjack	X												
<i>Cottage Pie</i>	X								X				
<i>Sweet Potato and Lentil Curry</i>									X				
Raspberry Ice Cream Roll	X		X				X						
Sausage and Mash	X												
Vegetarian Sausage	X					X	X						
Peaches and Custard**							X**						
Cheese and Tomato Pizza	X						X						
Curried Vegetable Pasty	X								X				
Fruit Salad													

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<b>TERM 5 April/ May 2022</b>													
<b>WEEK 3,6</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>
Cheesey Tuna Pasta	X			X			X						
Jacket Potatoes with Beans													
Raspberry Cake	X		X										
Mild Chicken Curry/Rice	X								X				
Mixed Vegetable Paella	X								X				
Chocolate Brownie	X		X										
Beef Bolognese/Pasta	X								X				
Lentil Bolognese/Pasta	X								X				
Fresh Fruit Salad													
Roast Chicken/Roast Potatoes/Stuffing** Gravy*	X**					X*							
Quorn Sausage Roast	X		X										
Spiced Shortbread													
Cheese and Tomato Pizza	X						X						
Courgette Frittata			X				X						
Apple Flapjack	X												