

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 6 June/July 2022 - WEEK 1,4,7													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Hidden Vegetable Pasta	X								X				
Cheese and Spring Onion Quiche	X		X				X						
Banana cake	X		X										
Beef Chilli	X								X				
Jacket Potato with Beans													
Polish Raspberry Crumble cake	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													
Chocolate Shortbread	X												

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TERM 6 June/July2022 WEEK 2, 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Tomato, Mozzarella and Penne	X						X		X				
Spring Vegetable Risotto									X				
Lemon Sponge	X		X										
Chicken Paprika /Rice	X						X		X				
Jacket Potato with Beans													
Breaded Fish and Chips	X			X									
<i>Pork sausage Hot dog</i>	X								X				
<i>Quorn Sausage Hot Dog</i>	X		X				X						
Shortbread	X		X				X						
Strawberries and Cream	X												
Vegetarian Sausage	X					X	X						
Cinnamon Roll Cake							X**						
Cheese and Tomato Pizza	X						X						
Curried Vegetable Pasty	X						X		X				
Fruit Salad/Melon													

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TERM 6 June/July 2022													
WEEK 3,6													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Tuna Pasta	X			X			X		X				
Jacket Potatoes with Beans													
Blueberry Cake	X		X										
Mild Chicken Curry/Rice	X								X				
Mixed Vegetable Paella									X				
Chocolate Brownie	X		X										
Beef Bolognese/Pasta	X								X				
Lentil Bolognese/Pasta	X								X				
Fresh Fruit Salad													
Pork sausage/Mash Gravy*	X					X*							
Quorn Sausage mash	X		X				X						
Cinnamon Shortbread	X												
Cheese and Tomato Pizza	X						X						
Courgette Frittata			X				X						
Apple Flapjack	X												