

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

Term 2 Oct 2022 - 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						
vegetable paella									X				
Apple Crumble/Custard*	X						X*						
Chicken Curry	X								X				
Butternut squash & Lentil Tagine									X				
Chocolate Brownie	X		X										
Ratatouille Pasta	X								X				
Cheese and Tomato Pizza	X						X						
Fresh fruit Salad													
Cottage Pie	X								X				
Vegetable Biryani/Rice													
Banana Cake	X		X										
Breaded Fish/Chips	X			X									
Bean Burger	X		X						X				
Shortbread	X												

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TERM 2 Oct 2022 WEEK 2, 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Hidden Veg Pasta	X								X				
Bnut Squash Soup/Bread*	*X								X				
Cherry Cake	X		X										
Sweet and Sour Chicken/rice	X								X				
Jacket Potato and Cheese							X						
Apple Flapjack	X												
<i>Beef Lasagne</i>	X						X						
<i>Winter Vegetable Crumble</i>	X								X				
Rice Pudding							X						
Sausage Roast Gravy *	X					*X							
Vegetarian Sausage Roast	X												
Ice Cream							X						
Cheese and Tomato Pizza	X						X						
Vegetable and Bean Enchillada	X								X				
Fruit Salad													

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<b>TERM 2 Oct 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>
Tomato,Basil and Mozzarella Pasta	X						X		X				
Autumn Vegetable Risotto									X				
Lemon Cake	X		X										
Chicken Paprika/Rice	X								X				
Jacket Potato and Beans													
Toffee apple cake	X		X										
Pasta Bolognese	X												
Lentil Bolognese	X												
Oat and Raisin Cookies	X											X	
Cheese and Tomato Pizza	X						X						
Vegetable and Bean Chilli									X				
Shortbread	X												
Tuna Fishcakes	X			X									
Vegetarian Nuggets	X												
Fresh Fruit Salad													