

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 3 Week 1, 4 ,7													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Pasta Arrabiata	X								X				
Winter vegetable Risotto									X				
Vanilla Sponge	X		X										
Moroccan Chicken	X								X				
Vegetarian Meatballs	X					X			X				
Apple Flapjack	X												
Cheese and Tomato Pizza(Dairy Free Available)	X						X						
Lentil Burger	X												
Ginger Cake	X		X										
Beef Cobbler	X						X		X				
Vegetable Lasagne	X						X		X				
Fruit salad													
Fish Fingers	X			X									
Cauliflower Cheese	X						X						

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TERM 3 - WEEK 2, 5 & 8													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Hidden Veg Pasta	X								X				
Cheese and Onion Roll	X						X						
Sultana Sponge	X		X									X	
Chicken Fricassee	X						X						
Vegetable Enchillada	X												
Choc Brownie	X		X										
Beef Bologneses	X								X				
Baked Apples/Custard							X						
Sausage /Mash Gravy*	X					X *	X						
Quorn Sausage/Mash Gravy *	X					X *							
Bean Burger	X								X				
Artic Roll							X						

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TERM 3 - WEEK 3 & 6													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Macaroni Cheese	X						X						
Winter Veg Jambalaya									X				
Jam Tart	X												
Chicken Curry	X								X				
Sweet Potato Fritters			X										
Choc Sponge /Custard	X						X						
Minced Beef and Veg Pie	X								X				
Jacket Potato and Beans													
Carrot Cake	X		X										
Sausage Pasta Bake	X								X				
Ratatouille Pasta	X								X				
Garlic Bread	X						X						
Breaded Fish	X			X									
Veg Frittata			X										
Shortbread Biscuit	X												