

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

Term 4 Week 1, 4 ,7													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Pasta Arrabiata(Tom and Pepper sauce)	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												
Ice Cream							X						
Beef Cobbler	X						X		X				
Jacket Potato with baked beans													
Fruit salad													
Fish Fingers	X			X									
Shortbread	X												
Cauliflower Cheese	X						X						

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TERM 4 - 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 Pasty	X						X						
Sultana Sponge	X		X									X	
Chicken Paprika/Rice	X								X				
Vegetable Enchillada	X												
Choc Brownie	X		X										
Beef Bolognese	X								X				
Peaches/Custard							X						
Tuna Pasta Bake	X			X									
Jacket Potato with Cheese*/Baked Beans							X*						
Bean Burger	X								X				
Blueberry Scone	X						X						
Homemade Cheese and Tomato Pizza (DF available)	X						X						
Fresh Fruit Salad													

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TERM 4 - 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				
Apple Crumble/Cream*	X						*X						
Chicken Curry	X								X				
Sweet Potato Fritters			X										
Choc Sponge /Custard	X						X						
Pepperoni Pasta Bake/Garlic Bread*	X X*						X*		X				
Jacket Potato and Beans													
Banana Flapjack	X												
Sausage Pasta Bake	X								X				
Ratatouille Pasta	X								X				
Garlic Bread	X						X						
Breaded Fish	X			X									
Veg Frittata			X										
Shortbread Biscuit	X												