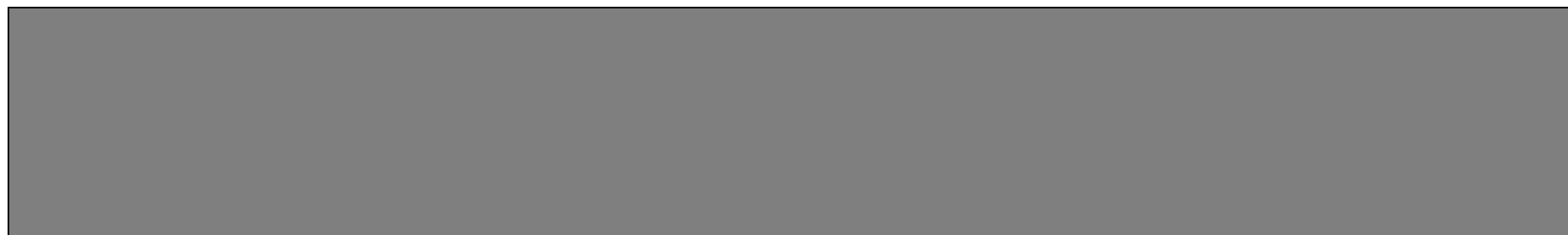


**THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE**

<b>/Term 5 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				
Wholewheat Cheese and Onion Quiche	X		X				X						
Cinnamon Cake	X		X										
Mild Chicken Curry/Rice	X								X				
Vegetable Enchillada	X												
Apple Flapjack	X												
Beef Lasagne	X						X		X				
Quorn and Veg Stir Fry/Noodles*	X *		X										
Ice Cream							X						
Sausage Roast/Gravy*	X					X*							
Vegetarian Sausage Roast	X												
Blueberry Sponge	X		X										
Cheese and Tomato Pizza	X						X						
Bean Burger	X								X				
Fruit Salad													



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

<b>TERM 5 - WEEK 2, 5 &amp; 8</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>
Macaroni Cheese	X						X						
Bean and Vegetable Goulash	X								X				
Banana Cake	X		X										
Sweet and Sour Chicken/Rice													
Jacket Potato with Cheese							X						
Peach and Raspberry Crumble/cream*	X						X*						
Beef Bolognese	X								X				
Lentil Bolognese	X								X				
Oat and Raisin Cookie	X												
Cheese and Tomato Pizza	X						X						
Tomato Pasta	X								X				
Ice Cream							X						
Breaded Fish/Chips	X			X									
Vegetable Frittata			X										
Fruit Salad													

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

<b>TERM 5 - WEEK 3 &amp; 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>
Tuna and Sweetcorn Pasta	X			X			X						
Spring Veg Risotto									X				
Lemon Sponge	X		X										
Mild Beef Chilli/Rice	X								X				
Vegan Meatloaf	X								X				
Chocolate Brownies	X		X										
Chicken and Veg Pie	X						X		X				
Chicken a la king /Pasta	X						X		X				
Vegetable Jambalaya									X				
Crown Biscuits	X		X										
Jacket Potato with Beans													
Banana Flapjacks	X												
Lentil Burger	X								X				
Fish fingers/Chips	X			X									
Cauliflower Cheese	X						X						