THE MEAD ACADEMY TRUST FOOD ALLERGEN ADVICE NOTE:
please note this Allergen Advice Note relates to the school meals provided in term ****

| MENU ITEM / ALLERGEN WEEKS 1 & 4 | GLUTEN | CRUSTACEANS | EGGS | FISH | PEANUTS | SOYA BEANS | MILK | NUT | CELERY | MUSTARD | SESAME | SULPHUR DIOXIDE | LUPIN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Macaroni Cheese | X | | | | | | X | | | | | | |
| Mild Chicken Curry/Rice | X | | | | | | | | X | | | | |
| Vegetable jambalaya | | | | | | | | | X | | | | |
| Fresh Fruit salad | | | | | | | | | | | | | |
| Vanilla Sponge | X | | X | | | | | | | | | | |
| Apple Flapjacks | X | | | | | | | | | | | | |
| Beef Lasagne | X | | | | | | X | | X | | | | |
| Cheese and Tomato Pizza | X | | | | | | X | | | | | | |
| Lentil Burger | X | | | | | | | | X | | | | |
| Chocolate Shortbread | X | | | | | | | | | | | | |
| Jacket Potato with Baked Beans | | | | | | | | | | | | | |
| Fish Fingers | X | | | X | | | | | | | | | |
| Tomato Pasta | X | | | | | | | | X | | | | |
| Fresh Melon | | | | | | | | | | | | | |
| Flapjack | X | | | | | | | | | | | | |
| Vegetable and Bean Enchillada | X | | | | | | | | X | | | | |
| **MENU ITEM / ALLERGEN WEEKS 2 & 5** | | | | | | | | | | | | | |
| Hidden Veg pasta | X | | | | | | | | X | | | | |
| Winter veg Risotto | | | | | | | | | X | | | | |
| Rice Pudding | | | | | | | X | | | | | | |
| Lemon sponge | X | | X | | | | | | | | | | |
| Sweet and Sour chicken/Rice | | | | | | | | | | | | | |
| Apple Crumble and Custard** | X | | | | | | X** | | | | | | |
| Sausage Pasta Bake | X | | | | | | | | X | | | | |
| Bean burger and Salad | X | | X | | | | | | X | | | | |
| Fresh Fruit Salad | | | | | | | | | | | | | |
| Quorn Mince Bolognese | X | | | | | | | | X | | | | |
| Cheese and Onion Roll | X | | | | | | X | | | | | | |
| Banana cake | X | | X | | | | | | | | | | |
| Breaded Fish/Chips | X | | | X | | | | | | | | | |
| Mixed Vegetable Frittata | | | X | | | | | | | | | | |
| **MENU ITEM / ALLERGEN WEEKS 3 & 6** | X | | | X | | | X | | | | | | |
| Cheesey Tuna Pasta Bake | X | | X | | | | | | | | | | |
| Dorset Apple Cake | X | | X | | | | | | X | | | | |
| Beef Bolognese | X | | | | | | | | X | | | | |
| Lentil Bolognese | X | | X | | | | | X | | | | | |
| Chocolate Brownies | X | | X | | | | | | | | | | |
| Ratatouille Pasta | X | | | | | X | | | | | | | |
| Sausage /Mash/Gravy* | X | | | | | X* | | | | | | | |
| Quorn Sausage Roast | X | | | | | | | | | | | | |
| Spiced Shortbread/Pudsey Biscuit | X | | | | | | | | | | | | |
| Morrocan Chicken | X | | | | | | | | X | | | | |
| Curried Vegetable Pasty | X | | | | | | X | | X | | | | |
| Vegetable Pizza | | | | | | | | | | | | | |