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 Term 3** | **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 | | | | |
| Tomato and Lentil Soup with Cheesey scone | X | | | | | | 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 Goulash/Rice | X | | | | | | | | X | | | | |
| **MENU ITEM / ALLERGEN WEEKS 2 & 5** | | | | | | | | | | | | | |
| Hidden Veg pasta | X | | | | | | | | X | | | | |
| Winter veg Risotto | | | | | | | | | X | | | | |
| Ice Cream | | | | | | | X | | | | | | |
| Lemon sponge | X | | X | | | | | | | | | | |
| Sweet and Sour chicken/Rice | | | | | | | | | | | | | |
| Raisin Flapjack | X | | | | | | | | | | | | |
| Cheese and Tomato Pizza | X | | | | | | X | | X | | | | |
| Bean and carrot burger and Salad | X | | X | | | | | | X | | | | |
| Fresh Fruit Salad | | | | | | | | | | | | | |
| Quorn Mince Bolognese | X | | | | | | | | X | | | | |
| Sweet Potato and Lentil Curry/Rice | | | | | | | | | X | | | | |
| Pineapple sponge /Custard** | X | | X | | | | X** | | | | | | |
| Tuna and Tomato Pasta | X | | | X | | | | | x | | | | |
| Mixed Vegetable Frittata | | | X | | | | | | | | | | |
| **MENU ITEM / ALLERGEN WEEKS 3 & 6** | X | | | X | | | X | | | | | | |
| Tomato,Mozzarella,Basil Pasta | X | | | | | | X | | X | | | | |
| Dorset Apple Cake | X | | X | | | | | | X | | | | |
| Beef Bolognese | X | | | | | | | | X | | | | |
| Lentil Bolognese | X | | X | | | | | X | | | | | |
| Chocolate Brownies | X | | X | | | | | | | | | | |
| Vegetable and Bean Enchillada | X | | | | | | | | X | | | | |
| Chicken Casserole/Mash | X | | | | | | | | X | | | | |
| Quorn Sausage/Mash | X | | | | | | | | | | | | |
| Spiced Shortbread | X | | | | | | | | | | | | |
| Cheese and Tomato Pizza | X | | | | | | X | | | | | | |
| Cauliflower /Broccoli Cheese | X | | | | | | X | | | | | | |
| melon | | | | | | | | | | | | | |