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 4/2024/	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA BEANS	MILK	NUT	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE	LUPIN
Tomato,Mozzarella,Basil Pasta	X								X				
Mild Chicken Curry/Rice	X								X				
Spring vegetable Risotto									X				
Fresh Fruit salad													
Blueberry Sponge	X		X										
Ginger Flapjacks	X												
Beef Bolognese	X								X				
Lentil Bolognese	X								X				
Vegetable and Bean Enchillada	X								X				
Chocolate Marble Cake	X		X										
Jacket Potato with Baked Beans													
Breaded Fish/Oven chips	X			X									
Chicken and Leek Pie	X								X				
Cheese and Tomato Pizza ** DF available	X						X**						
Lemon Shortbread	X												
Cauliflower /Broccoli Cheese	X						X		X				
MENU ITEM / ALLERGEN WEEKS 2 & 5													
Macaroni Cheese	X						X						
Vegetable jambalaya									X				
Raspberry Cake	X		X										
Mild Chicken Curry/Rice	X								X				
Beef Cobbler	X						X		X				
Chocolate Shortbread	X												
Sausage Pasta Bake	X						X		X				
Lentil Burger	X		X						X				
Fresh Fruit Salad													
Cauliflower,Poptatoand Chickpea Curry									X				
Cheese and Onion Pasty	X						X		X				
Sultana Sponge	X		X										
Fish Fingers	X			X									
Mixed Vegetable Frittata			X										
MENU ITEM / ALLERGEN WEEKS 3 & 6													
Hidden Vegetable Pasta	X								X				
Cheese and Brocccoli Quiche	X		X				X						
Jam Sponge	X		X										
Chicken a la King	X						X		X				
Banana Flapjack	X												

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Beef Lasagne	X						X		X				
Vegetable and Chickpea Ratatouille	X								X				
Fresh Fruit Salad													
Ice Cream							X						
Sauasge Roast	X												
Leek and Potato Cake			X				X						
melon													