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 5/2024A	GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA BEANS	MILK	NUT	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE	LUPIN
Tuna and Tomato Pasta	X			X					X				
Mild Chicken Curry/Rice	X								X				
Vegetable and Bean Paella									X				
Fresh Fruit salad/Melon													
Ice Cream** DF available							X**						
Ginger Flapjacks	X												
Beef Bolognese	X								X				
Sweet Potato Cakes	X		X										
Vegetable and Bean Paella									X				
Chocolate Shortbread	X												
Jacket Potato with Cheese							X						
Breaded Fish/Oven chips	X			X									
Beef Lasagne	X								X				
Cheese and Tomato Pizza ** DF available	X						X**						
Lemon Sponge	X		X										
Cauliflower /Broccoli Cheese	X						X						
MENU ITEM / ALLERGEN WEEKS 2 & 5													
Macaroni Cheese	X						X						
Spring Vegetable Risotto									X				
Summer Fruit Crumble/Custard	X						X						
Chicken Paprika/Rice	X								X				
Beef Bolognese/Pasta	X								X				
Apple Flapjack	X												
Lentil Bolognese/Pasta	X								X				
Sausage Pasta Bake	X								X				
Fresh Fruit Salad													
Curried Vegetable Pasty	X								X				
Cheese and Tomato Pizza ** DF available	X						X**		X				
lemon Shortbread	X												
vegetable and Bean Enchillada	X								X				
Chocolate and Vanilla Brownies	X		X										
MENU ITEM / ALLERGEN WEEKS 3 & 6													
Hidden Vegetable Pasta	X								X				
Vegetable Flan	X		X				X						
Vanilla Cake	X		X										
Spring Chicken Casserole/Rice	X								X				
Banana Flapjack	X												
Mild Beef Chilli/Rice	X								X				
Cheesey Vegetable Pasta	X						X		X				
Blueberry Sponge	X		X										
Ice Cream/DF available**			X				X						
Vegetable Pizza	X												
Quorn Hot Dogs	X												
melon													