THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

2022-2023		ans				ns								
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Menu Item/Allergen – MAIN	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Mik W	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Autumn Vegetable Risotto									Х					
Beef Chilli and Rice						Х			Х			Х		
Beef Lasagne	Х						Х		Х					
Beef Pasta Bolognaise	Х								Х					
Breaded Fish, Chip and Peas	Х			Х										
Breaded Fish and Potato Wedges	Х			Х										
Breaded Fish Cake, Wedges, Sweetcorn and Peas	Х			Х										
Breaded Fish Fingers, Chips and Beans	Х			Х										
Broccoli and Cheese Pierogi (Dumplings)	Х						Х							
Broccoli Pasta Bake with Wholemeal Pasta	Х						Х							
Catherine Wheel Pizza	Х						Х							
Cauliflower Cheese	Х						Х							
Cheese and Bean Pasty	Х		Χ				Х							
Cheese and Ham Pizza	Х						Х							
Cheese and Onion Pasty	Х		Х				Х							
Cheese and Onion Quiche	Х		Х				Х							
Cheese and Potato Pie	Х						Х							
Cheese and Tomato Pasta Bake	Х						Х							
Cheese and Tomato Pizza	Х						Х							
Chicken, Ham and Sweetcorn Pie	Х		Х				Х		Х					
Chicken and Leek Pie	Х		Х				Х		Х					
Chicken Curry (Halal)	Х								Х					
Chicken Nuggets and Chips	Х		Х											
Chinese Chicken and Rice	Х					Х			Х					
Chinese Vegetables and Noodles	Х		Х						Х					
Cottage Pie	Х								Х					
Creamy Chicken and Mushroom Pasta														
Fish Pie	Х			Х			Х		Х					
Halal Chicken and Mash	Х								Х					
Halal Chicken Curry and Rice	Х								Х					
Hot Dog and Chips	Х													

Jacket Potato with Tuna Filling			Х		Х				
Jacket Potato with Cheese and Beans Filling					Х				
Lentil Loaf Roast	Х				Х				
Lentil Ragu with Courgetti	Х					Х			
Macaroni Cheese	Х				Х				
Meatball Pasta Bake	Х				Х				
Mince Beef Cobbler	Х	Х			Х	Х			
Mushroom Stroganoff with Wholemeal Rice					Х	Х			
Pepperoni Pizza	Х				Х			Х	
Polish Potato Dumplings topped with Roast Vegetables	Х	Х				Х			
Pork Goulash						Х			
Quorn Cottage Pie	Х			Χ	Х				
Quorn Sausage and Chips	Х			Х	Х				
Quorn Sausage Pasta Bake	Х			Х	Х				
Quorn Sausage Puff	Х			Х	Х				
Red Pepper Pasta Bake	Х				Х				
Roast Chicken and Roast Potatoes	Х								
Roast Pork and Roast Potatoes	Х								
Roast Quorn Sausage and Roast Potatoes	Х			Х	Х				
Roast Sausage and Roast Potatoes	Х								
Roast Turkey Dinner with Roast Potatoes	Х								
Roasted Vegetable Risotto with Wholegrain Rice						Х			
Roast Vegetable Savoury Crumble	Х				Х				
Sausage, Mash Potato and Beans	Х								
Spaghetti and Meatballs	Х					Х			
Sweet Potato, Coconut, Spinach and Chickpea Curry						Х			
Sweet and Sour Vegetables and Noodles						Х			
Tomato and Basil Wholemeal Pasta Bake	Х					Х			
Tuna Pasta Bake	Х		Х		Х				
Vegetable and Bean Chilli				Х		Х		Х	
Vegetable Burger and Chips	Х						Х		
Vegetable Burger and Wedges	Х						Х		
Vegetable Fingers and Chips	Х						Х		
Vegetable Frittata	Х				Х				
Vegetable Lasagne	Х				Х		Х		
Vegetable Meatballs and Pasta	Х			Х					
Vegetarian Pasta Bolognaise	Х					Х			
Vegetable Potato Croquettes						Х			

Vegetable Spring Roll and Rice	Χ							
Vegetable Stew and Dumplings								
Vegetable Tagine and Cous Cous	Х				Х			
Winter Vegetable Casserole with Cous Cous	Х				Х			
Winter Vegetable Risotto					Х			

2022-2023		S												
Menu Item/Allergen – DESSERT	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Apple Sponge and Custard	Х		Х				Х							
Apple and Sultana Cake	Х		Х				Х							
Apple Crumble Cake and Custard	Х		Х				Х							
Artic Roll	Х		Х				Х							
Banana Cake	Х		Х				Х							
Banana Muffin	Х		Х				Х							
Blueberry Muffin	Х		Х				Х							
Carrot Cake	Х		Х				Х							
Cherry Flapjack	Х													
Chocolate Brownie	Х		Х											
Chocolate Cookie	Х													
Chocolate Muffin	Х		Х				Х							
Christmas Biscuit	Х		Х											
Coconut and Jam Sponge Cake	Х		Х				Х							
Flapjack	Х													
Fresh Fruit/Fruit Platter														
Fruit Crumble and Custard	Х						Х							
Fruit Yoghurts							Х							
Ice Cream							Х							
Jam Sponge	Х		Х				Х					Х		
Lemon Drizzle Cake	Х		Х				Х							
Lemon Shortbread	Х													
Melon Pieces														
Oat and Raisin Cookie	Х		Χ				Х					Х		
Pear and Chocolate Sponge Cake	Х		Χ				Х							
Plum Crumble	Х													
Pudsey Biscuit	Х		Х											

Raisin Cookies	X	Х	X		Χ	
Raspberry Cake with Custard	Х	Х	Х		Х	
Raspberry and Chocolate Cake	X	Х	Х		X	
Raspberry Muffin	X	Х	X		Χ	
Toffee Apple Cookie	X	X				
Upside-Down Apple Cake	X	X	X			
Vanilla Cherry Cookies	X	Х	Х			
Vanilla Cookies	X					