

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE. Please note our main meal options can be prepared gluten free if specifically required.

WEEKS 1 & 4 TERM 6 (NB: some of Castle Mead meals are on different days and weeks but all the meals are included here) Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
CHEESE AND TOMATO PIZZA	X						X						
VEG AND BUTTERBEAN CURRY WITH BROWN RICE	X								X				
BANANA FLAPJACK	X						X						
CHINESE CHICKEN AND RICE									X				
VEG STIR FRY AND NOODLES	X		X										
CHOCOLATE ORANGE MUFFIN	X		X				X						
BEEF LASAGNE	X		X				X		X				
WHOLEMEAL SPRING ONION AND CHEDDAR QUICHE	X		X				X						
YOGHURTS							X						
SAUSAGE ROAST,ROAST POTATOES AND YORKIE	X		X			X	X						
STUFFED PEPPERS							X		X				
ICE CREAM WITH FRESH FRUIT			X				X						
SALMON FISHCAKES WITH WEDGES	X		X	X									
JACKET CHEESE AND BEANS							X						
FRUIT PLATTER AND NATURAL YOGHURT							X						

WEEK 2 & 5 TERM 6													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
CHICKEN AND BACON PASTA	X						X		X				
CHICKPEA RATATOUILLE PASTA	X								X				
APPLE CAKE	X		X				X						
FISH PIE CHEESY TOP	X						X						
GOLABKI	X					X							
SUMMER FRUIT MERINGUE			X				X						
BEEF BOLOGNESE AND WHOLEMEAL PASTA	X								X				
SWEETCORN AND PEPPER FRITTATA			X				X						
RASPBERRY RIPPLE ICE CREAM ROLL	X		X				X						
ROAST GAMMON WITH POTATOES AND PEAS													
VEG SAUSAGE WITH POTATOES AND PEAS	X						X						
YOGHURTS							X						
FISH FINGERS AND CHIPS	X			X									
FALAFEL WITH A WRAP AND SALAD	X												
VANILLA SHORTBREAD AND STRAWBERRIES	X						X						

WEEK 3 TERM 6													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
TUNA PASTA BAKE	X			X			X						
SUMMER BEAN AND VEG RISOTTO									X				
PEACH MELBA CRUMBLE AND CUSTARD	X						X						
MEATBALLS IN A TOMATO SAUCE WITH SPAGHETTI	X								X				
PASTA WITH MOZERELLA AND TOMATO	X						X						
OAT AND CRANBERRY COOKIE	X						X					X	
HALAL PEPPERONI PIZZA	X												
SWEETCORN AND SWEET POTATO BURGERS	X												
CHOCOLATE ICE CREAM ROLLS	X		X				X						
ROAST CHICKEN ROAST POTATOES AND STUFFING	X												
VEG NUGGETS WITH SALSA RICE SALAD	X												
SUMMER FRUIT PLATTER													
BREADED FISH WITH CROQUET POTATOES	X			X									
BAKED EGG AND BEAN VEG RICE			X										
ICED LEMON CAKE	X		X				X						