

**THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE**

2022-2023	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Menu Item/Allergen – MAIN														
Autumn Vegetable Risotto									X					
Beef Chilli and Rice						X			X			X		
Beef Lasagne	X						X		X					
Beef Pasta Bolognese	X								X					
Breaded Fish and Chip	X			X										
Breaded Fish and Potato Wedges	X			X										
Breaded Fish Cake and Wedges	X			X										
Breaded Fish Fingers and Chips	X			X										
Broccoli and Cheese Pierogi (Dumplings)	X						X							
Broccoli Pasta Bake with Wholemeal Pasta	X						X							
Catherine Wheel Pizza	X						X							
Cauliflower Cheese	X						X							
Cheese and Bean Pasty	X		X				X							
Cheese and Onion Pasty	X		X				X							
Cheese and Onion Quiche	X		X				X							
Cheese and Potato Pie	X						X							
Cheese and Tomato Pasta Bake	X						X							
Cheese and Tomato Pizza	X						X							
Chicken, Ham and Sweetcorn Pie	X		X				X		X					
Chicken and Leek Pie	X		X				X		X					
Chicken Curry (Halal)	X								X					
Chicken Nuggets and Chips	X		X											
Chinese Chicken and Rice	X					X			X					
Chinese Vegetables and Noodles	X		X						X					
Cottage Pie	X								X					
Fish Pie	X			X			X		X					
<b>Halal</b> Chicken and Mash	X								X					
<b>Halal</b> Chicken Curry and Rice	X								X					
Hot Dog and Chips	X													
Jacket Potato with Tuna Filling				X			X							
Jacket Potato with Cheese and Beans Filling							X							

Lentil Loaf Roast	X					X								
Lentil Ragu with Courgetti	X							X						
Macaroni Cheese	X					X								
Meatball Pasta Bake	X					X								
Pepperoni Pizza	X					X					X			
Polish Potato Dumplings topped with Roast Vegetables	X		X					X						
Pork Goulash								X						
Quorn Cottage Pie	X				X	X								
Quorn Sausage and Chips	X				X	X								
Quorn Sausage Pasta Bake	X				X	X								
Red Pepper Pasta Bake	X					X								
Roast Chicken and Roast Potatoes	X													
Roast Pork and Roast Potatoes	X													
Roast Quorn Sausage and Roast Potatoes	X				X	X								
Roast Sausage and Roast Potatoes	X													
Roast Turkey Dinner with Roast Potatoes	X													
Roast Vegetable Savoury Crumble	X					X								
Sausage, Mash and Beans	X													
Spaghetti and Meatballs	X							X						
Sweet Potato, Spinach and Chickpea Curry								X						
Sweet and Sour Vegetables and Noodles								X						
Sweet Potato, Spinach and Coconut Curry								X						
Tomato and Basil Pasta Bake	X							X						
Tuna Pasta Bake	X			X		X								
Vegetable and Bean Chilli					X			X			X			
Vegetable Burger and Chips	X								X					
Vegetable Burger and Wedges	X								X					
Vegetable Fingers and Chips	X								X					
Vegetable Lasagne	X					X			X					
Vegetable Meatballs and Pasta	X				X									
Vegetarian Pasta Bolognese	X							X						
Vegetable Potato Croquettes								X						
Vegetable Risotto with Wholegrain Rice								X						
Vegetable Spring Roll and Rice	X													
Vegetable Tagine and Cous Cous	X							X						
Winter Vegetable Casserole with Cous Cous	X							X						
Winter Vegetable Risotto								X						

2022-2023														
Menu Item/Allergen – DESSERT	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Apple Sponge	X		X				X							
Apple and Sultana Cake	X		X				X							
Apple Crumble Cake and Custard	X						X							
Banana Cake	X		X				X							
Carrot Cake	X		X				X							
Cherry Flapjack	X													
Chocolate Brownie	X		X											
Chocolate Cookie	X													
Chocolate Muffin	X		X				X							
Christmas Biscuit	X		X											
Flapjack	X													
Fresh Fruit/Fruit Platter														
Fruit Crumble	X													
Ice Cream							X							
Jam Sponge	X		X				X					X		
Lemon Drizzle Cake	X		X				X							
Lemon Shortbread	X													
Melon Pieces														
Oat and Raisin Cookie	X		X				X					X		
Pear and Chocolate Sponge Cake	X		X				X							
Plum Crumble	X													
Pudsey Biscuit	X		X											
Raisin Cookies	X		X				X					X		
Raspberry Cake with Custard	X		X				X					X		
Raspberry and Chocolate Cake	X		X				X					X		
Raspberry Muffin	X		X				X					X		
Toffee Apple Cookie	X		X											
Upside-Down Apple Cake	X		X				X							
Vanilla Cherry Cookies	X		X				X							
Vanilla Cookies	X													
Fruit Yoghurts							X							