

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

| WEEK 1, 4 & 7 TERM 1 | | | | | | | | | | | | | |
|-------------------------------------|---------------|--------------------|-------------|-------------|----------------|-------------------|-------------|-------------|---------------|----------------|---------------|------------------------|-----------------|
| Menu Item/Allergen | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soya Beans | Milk | Nuts | Celery | Mustard | Sesame | Sulphur Dioxide | Molluscs |
| SALMON AND BROCOLLI PASTA BAKE | x | | | x | | | x | | | | | | |
| JACKET POTATO WITH CHEESE AND BEANS | | | | | | | x | | | | | | |
| CHERRY FLAPJACK | x | | | | | | | | | | | x | |
| MASH TOPPED BEAN AND SAUSAGE PIE | x | | | | | | x | | | | | | |
| VEGETABLE COTTAGE PIE | | | | | | | x | | x | | | | |
| APPLE CAKE WITH CUSTARD | x | | | x | | | x | | | | | | |
| JACKET POTATO WITH CHILLI | | | | | | | | | x | | | | |
| HOMEMEADE CHEESE AND TOMATO PIZZA | x | | | | | | x | | | | | | |
| BANANA MUFFIN | x | | x | | | | x | | | | | | |
| ROAST CHICKEN WITH ROAST POTATOES | | | | | | | | | | | | | |
| SPICY BEAN AND LENTIL LOAF | x | | x | | | x | | | x | | | | |
| YOGHURT | | | | | | | | | | | | | |
| BREADED FISH WITH CHIPS | x | | | x | | | | | | | | | |
| CAULIFLOWER AND BROCCOLI CHEESE | x | | | | | | x | | | | | | |
| OAT AND APRICOT COOKIES | x | | | | | | x | | | | | x | |
| BANGERS AND MASH | x | | | | | | x | | | | | | |
| CHRISTMAS DINNER | x | | | | | | x | | x | x | | | |
| CHRISTMAS BISCUIT | x | | | | | | x | | | | | | |
| CATHERINE WHEEL PIZZA | x | | | | | | x | | x | | | | |

| WEEK 2, 5 & 8 TERM 1 | | | | | | | | | | | | | |
|---|---------------|--------------------|-------------|-------------|----------------|-------------------|-------------|-------------|---------------|----------------|---------------|------------------------|-----------------|
| Menu Item/Allergen | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soya Beans | Milk | Nuts | Celery | Mustard | Sesame | Sulphur Dioxide | Molluscs |
| HAM AND CHEESE PASTA BAKE | x | | | | | | x | | | | | | |
| MUSHROOM STROGANOFF | x | | | | | | x | | x | | | | |
| FRUIT PLATTER | | | | | | | | | | | | | |
| BEEF BOLOGNESE PASTA TWISTS | x | | | | | | | | x | | | | |
| MEDITERRANEAN PASTA | x | | | | | | | | x | | | | |
| CHOCOLATE BROWNIE | x | | x | | | | x | | | | | | |
| HALAL CHICKEN CURRY WITH BROWN RICE | | | | | | | | | x | | | | |
| WHOLEMEAL CHEESE AND ONION PASTIES | x | | x | | | | x | | | | | | |
| CARROT CAKE | x | | x | | | | x | | x | | | | |
| BEEF COBBLER | x | | x | | | | x | | x | | | | |
| QUORN COBBLER | x | | x | | | | x | | x | | | | |
| YOGHURT | | | | | | | x | | | | | | |
| FISH FINGERS WITH WEDGES | x | | | x | | | | | | | | | |
| SWEET POTATOE AND LENTIL CURRY WITH COUS COUS | x | | | | | | | | x | | | | |
| STICKY TOFFEE PUDDING | x | | x | | | | x | | | | | x | |
| PUDSEY BISCUIT | x | | | | | | x | | | | | | |

| WEEK 3 & 6 TERM 1 | | | | | | | | | | | | | |
|--|---------------|--------------------|-------------|-------------|----------------|-------------------|-------------|-------------|---------------|----------------|---------------|------------------------|-----------------|
| Menu Item/Allergen | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soya Beans | Milk | Nuts | Celery | Mustard | Sesame | Sulphur Dioxide | Molluscs |
| SWEET AND SOUR CHICKEN WITH BROWN RICE | | | | | | | | | x | | | | |
| VEGETABLE STIR FRY WITH NOODLES | x | | | | | | | | | | | | |
| PINEAPPLE UPSIDE DOWN SPONGE | x | | x | | | | | | | | | | |
| BEEF LASAGNE | x | | | | | | x | | x | | | | |
| VEGETABLE LASAGNE | x | | | | | | x | | x | | | | |
| CHOCOLATE ICE CREAM ROLL | x | | | | | | x | | | | | | |
| HOMEMADE PEPPERONI PIZZA | x | | | | | | x | | | | | | |
| BORSCHT | | | | | | | | | x | | | | |
| APPLE CRUMBLE AND CUSTARD | x | | x | | | | x | | | | | | |
| ROAST PORK WITH ROAST POTATOES AND APPLE SAUCE | | | | | | | | | | | | | |
| QUORN SAUSAGE ROAST | x | | | | | | x | | | | | | |
| YOGHURT | | | | | | | x | | | | | | |
| HOMEMADE PIZZA CHICKEN | | | | | | | x | | x | | | | |
| CHEESE AND BROCOLLI QUICHE | x | | x | | | | | | | | | | |
| RICE PUDDING | | | | | | | x | | | | | | |
| CHICKEN CHASSEUR AND RICE | x | | | | | | | | x | | | | |
| HONEY AND VANILLA GREEK YOGHURT CHEESECAKE | x | | x | | | | x | | | | | | |