

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

<b>WEEK 1 &amp; 4 TERM 3</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
ROAST CHICKEN WITH ROAST POTATOES													
BREADED FISH FINGERS WITH CHIPS	X			X									
SAUSAGE MASH AND BEANS	X						X						
PEPPERONI PIZZA	X						X		X	X			
VEGETABLE RISOTTO									X				
VEGETABLE STEW AND DUMPLINGS	X								X				
VEGETABLE BYRIANI									X				
BEEF LASAGNE	X						X		X				
VEGETABLE LASAGNE	X						X		X				
QUORN SAUSAGE CASSEROLE AND MASH	X						X						
JAM SPONGE	X		X				X					X	
RAISIN SHORTBREAD	X						X					X	
FRUIT PLATTER													
FRUIT YOGHURT							X						
BLUEBERRY SPONGE	X		X				X						

<b>WEEK 2 &amp; 5 TERM 3</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
MEATBALLS IN TOMATO SAUCE AND WHOLEMEAL PASTA	X								X				
HALAL CHICKEN AND VEGETABLE PIE	X												
JACKET POTATO WITH TUNA SWEETCORN			X	X			X						
JACKET POTATO WITH CHEESE AND BEANS							X						
COTTAGE PIE							X		X				
FISH FINGERS WITH WEDGES	X			X									
TOMATO AND BASIL PASTA	X								X				
CHEESE AND TOMATO PIZZA	X						X						
CAULIFLOWER AND BROCCOLI CHEESE	X						X						

BEAN BURGER IN A BUN	X												
ICE CREAM			X				X						
RASPBERRY YOGHURT CAKE	X		X				X						
FRUITY FLAPJACK	X											X	
FRUIT PLATTER													
LEMON DRIZZLE CAKE	X		X				X						

<b>WEEK 3 &amp; 6 TERM 3</b>													
<b>Menu Item/Allergen</b>	<b>Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soya Beans</b>	<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>	<b>Molluscs</b>
PASTA CARBONARA	X		X				X		X				
MACARONI CHEESE	X						X						
BEEF CHILLI AND RICE									X				
BEAN AND CHEESE WRAP	X						X		X				
VEGETABLE PASTY	X								X				
CHICKEN KORMA AND BROWN RICE									X				
ROAST SAUSAGE WITH ROAST POTATOES	X												
QUORN TOAD IN THE HOLE	X		X				X						
HOMEMADE FISH CAKE AND CHIPS	X		X	X									
SWEET POTATO AND LENTIL CURRY WITH BROWN RICE									X				
FRUIT PLATTER													
PEAR AND CHOCOLATE SPONGE	X		X				X						
BANANA MUFFIN	X		X				X						
FRUIT YOGHURT							X						
OAT AND CHERRY COOKIE	X						X					X	
EASTER BISCUIT	X		X				X						