

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 1 & 4 TERM 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
CHICKEN & LEEK PIE WITH NEW POTATOES	X		X				X		X				
POTATO & LEEK CHEDDAR CAKES			X				X						
HAM & PINEAPPLE PIZZA	X						X						
CHEESE & ONION PASTY	X		X				X						
BEEF COBBLER	X						X		X				
LENTIL BOLOGNESE & WHOLEMEAL PASTA	X								X				
POTATO TOPPED FISH PIE	X			X			X		X				
POTATO & PEPPER FRITATA			X				X						
ROSOL (POLISH CHICKEN SOUP)									X				
VEGETABLE CURRY WITH COUSCOUS	X								X				
CARROT CAKE	X		X									X	
RAISIN SHORTBREAD	X						X					X	
FRUIT PLATTER													
APPLE CRUMBLE & CUSTARD	X						X						
CHOCOLATE BROWNIE	X		X				X						

WEEK 2 & 5 TERM 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
SAUSAGE PASTA BAKE	X						X		X				
MEDITERANEAN PASTA BAKE	X						X						
SWEET AND SOUR CHICKEN WITH BROWN RICE									X				
BUTTERNUT SQUASH TAGINE									X				
PASTA BOLOGNESE	X								X				
CHEESE & TOMATO PIZZA	X						X						
ROAST PORK WITH ROAST POTATOES	X												
LENTIL BUTTERBEAN CASSEROLE									X				
FISH FINGERS & CHIPS	X			X									
STUFFED MUSHROOM WITH MOZARELLA	X						X						

BLUEBERRY MUFFINS	X						X						
RED VELVET CAKE	X		X				X						
FRUIT PLATTER													
YOGHURT							X						
MINI ICED BUNS	X		X				X						

WEEK 3 TERM 5													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
HALAL CHINESE CHICKEN CURRY WITH RICE									X				
VEG SPRING ROLLS WITH EGG RICE	X		X						X				
HOMEMADE BURGER IN A BUN WITH SALAD	X		X										
SPRING VEGETABLE RISOTTO									X				
ROAST CHICKEN WITH ROAST POTAOES	X												
VEGETABLE FINGERS WITH ROAST POTATOES	X								X				
FISH & SEASONED SLICED POTATOES				X									
JACKET POTATO WITH CHEESE & BEANS							X						
FRUIT PLATTER													
ETON MESS			X				X						
YOGHURT													
COURGETTE & ORANGE CAKE	X		X				X						