

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 1 & 4 TERM 4													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Quorn Sausage Puff	x		x			x	x						
Vegetable Stew with Cheese Dumplings	x						x		x				
Salmon Pasta Bake	x			x			x						
Macaroni Cheese	x						x						
Polish Chicken Patties	x		x				x						
Cheese and Tomato Pizza													
Cottage Pie	x						x		x				
Mixed Bean Chilli						x			x				
Fish Fingers, Mash and Beans	x			x			x						
Cauliflower and Broccoli Cheese	x						x						
Cheese and Beans							x						
Blueberry and Orange Cupcake	x		x				x						
Oat and Apricot Cookie	x						x					x	
Yoghurt							x						
Fruit Platter													
Banana Flapjack	x						x						

WEEK 2 & 5 TERM 4													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Ratatouille with Wholemeal Pasta	x								x				
Butternut Squash Soup									x				
Pepperoni Pizza	x											x	
Sweet Potato and Lentil Curry with Cous Cous	x								x				
Sausage Casserole	x								x				
Quorn Sausage Casserole	x					x	x						
Roast Chicken with Roast Potatoes													
Bean and Vegetable Risotto						x			x				
Breaded Fish and Chips	x			x									
Vegetable Lasagne	x						x		x				
Cheese and Beans							x						
Banana Muffin	x		x				x						
Yoghurt							x						
Jam Slice	x						x					x	

Chocolate Brownie Cupcake	X		x				x						
Fruit Platter													

WEEK 3 & 6 TERM 4													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Vegetable Chilli and Brown Rice									x				
Broccoli and Cheese Pasta Bake	X						x						
Lasagne	X						x		x				
Vegetable Shepherd's Pie with Sweet Potato Mash									x				
Halal Chicken Carbonara	X						x		x				
Creamy Courgette Lasagne	X						x		x				
Sausage Roast	X												
Vegetable Burger	X								x				
Fish Pie	X			x			x						
Vegetable and Cheese Stuffed Jackets							x						
Cheese and Beans							x						
Raisin Shortbread	x						x						
Lemon Muffin	x		x				x						
Chocolate Cookie	x		x				x						
Apple Crumble Cupcake	x		x				x						
Yoghurt							x						
Easter Biscuit	x						x						