

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
Vegetable Stir Fry with Noodles	X											X	
Creamy Vegetable Curry	X						X		X				
Meatballs and Pasta	X								X				
Vegetable Bolognese	X								X				
Spanish Chicken and Rice									X				
Stuffed Peppers	X						X		X				
Sausage Roast	X												
Bean and Vegetable Pie	X					X	X		X				
Fish Fingers, Mash and Beans	X						X						
Spanish Omelette			X				X						
Jam Sponge	X		X				X					X	
Yoghurt							X						
Fruit Platter													
Ice Cream Roll	X						X						
Oat and Raisin Cookie	X						X					X	

WEEK 2, 5 and 8 TERM 1													
Menu Item/Allergen	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya Beans	Milk	Nuts	Celery	Mustard	Sesame	Sulphur Dioxide	Molluscs
Tomato and Basil Pasta	X								X				
Macaroni Cheese	X						X						
Beef Chilli and Rice									X				
Vegetable Chilli and Rice									X				
Ham Pizza	X						X						
Cheese and Tomato Pizza	X						X						
Chicken Roast													
Quorn Sausage Roast	X		X				X						
Breaded Fish and Chips													
Cheese and Mushroom Cake	X						X						
Fruit Platter													
Cherry Flapjack	X						X					X	

Yoghurt							X						
Lemon Muffin	X		X				X						
Chocolate Brownie	X		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
Mushroom Stroganoff	X						X						
Roast Vegetable Quiche	X		X				X						
Sausage Casserole	X								X				
Vegetable Lasagne	X						X		X				
Halal Chicken Curry									X				
Cheese and Onion Pasty	X						X						
Beef Cobbler	X						X		X				
Quorn Cobbler	X						X						
Fish Pie	X						X						
Cauliflower and Broccoli Cheese	X						X						
Yoghurt							X						
Rice Krispie Cake	X						X						
Cookie	X		X				X						
Fruit Platter													
Ice Cream			X				X						