THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 1, 4 & 7 TERM 3 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Pasta bolognese	X								X					
Quorn sausage puff	X		X			X	X					x		
Jacket cheese and beans							x							
Fruit platter														
Sausage and mash	X						x							
Veg stew dumplings	X						X		X					
Ice cream							X							
Fish fingers and chips	X			x										
Cauliflower and broccoli cheese	X						x							
Carrot cake	X		X				X					x		
Macaroni cheese	X						X							
Veg curry									X					
Chocolate drizzle flapjack	X					X	x							
Ham pizza	X						x							
Cheese and onion quiche	X						X							
Yoghurt							X							

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WEEK 2 & 5 TERM 3 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Creamy mushroom pasta	X						x							
Veg noodle stir fry	X		X			X								
Yoghurt							x							
Sausage casserole	X								X					
Veg chilli and rice									X					
Oat and apricot cookie	X						X					X		
Chinese chicken curry	X								X					
Veg lasagne	X						X							
Melon pieces														
Cottage pie	X						X		X					
Tomato and courgette risotto							X		X					
Cherry muffin	X		X				X					X		
Breaded fish and wedges	X			X										
Sweet potato curry									X					
Jam sponge	X		X				X					X		

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 3 & 6 TERM 3 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Sweet and sour veg and rice									X					
Veg burgers	X		X				X		X					
Chocolate brownie	X		X				X							
Tuna pasta bake	X			X			X		X					
Cheese and spinach cannelloni	X						X		X					
Fruit platter														
Moussaka	X						X		x					
Cheese and tomato pizza	X						X							
Yoghurt							X							
Chicken roast	X													
Sweet potato topped veg pie							X		x					
Vanilla shortbread	X						X							
Fish pie	X			X			X							
Cheese and onion pasty	X		X				X							
Raspberry muffin	X		X				X					X		