THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 1, 4 & 7 TERM 4 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Macaroni cheese	x						x							
Vegetable burgers	X						X			X				
Fruit platter														
Tuna pasta bake	X			X			X							
Banana muffin	X		X				X							
Cheese and tomato pizza	X						X							
Meatballs and pasta	X								X					
Quorn Bolognese	X		X											
Oat and raisin cookie	X						X					X		
Sausage casserole	X								X					
Courgette lasagne	X						X		X					
Chocolate ice cream roll	X		X				X							
Fish fingers and chips	X			X										
Vegetable fingers and chips	X						X			X				
Cherry shortbread	X						X					X		

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WEEK 2 & 5 TERM 4 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Vegetable lasagne	X						X		X					
Cauliflower and broccoli cheese	X						X							
Raspberry crumble cake	X		X				X							
Beef chilli and rice									X					
Mixed bean chilli						X			X					
Yoghurt							X							
Pepperoni pizza	X						X							
Red pepper pasta bake	X								X					
Melon pieces														
Roast pork with roast potatoes	X													
Quorn mince cobbler	X		X				X		X					
Apple muffin	X		X				X							
Breaded chicken chunks and wedges	X		X											
Vegetable curry and naan	X						X		X					
Flapjack	X						X							

THE MEAD ACADEMY TRUST - FOOD ALLERGEN ADVICE NOTE

WEEK 3 & 6 TERM 43 2021-22 **Menu Item/Allergen**	**Gluten**	**Crustaceans**	**Eggs**	**Fish**	**Peanuts**	**Soya Beans**	**Milk**	**Nuts**	**Celery**	**Mustard**	**Sesame**	**Sulphur Dioxide**	**Lupin**	**Molluscs**
Spring vegetable risotto									X					
Vegetable cottage pie	X						X		X					
Chocolate crunch	X		X				X							
Salmon and broccoli pasta bake	X			X			X							
Cheese and tomato pasta bake	X						X		X					
Fruit platter														
Chicken curry and rice									X					
Cheese and onion bakes	X						X							
Ice cream			X				X							
Beef cobbler	X		X				X		X					
Vegetable stew and dumplings	X						X		X					
Vanilla shortbread	X						X							
Breaded fish and chips	X													
Vegetable burger and chips	X						X			X				
Chocolate muffin	X		X				X							