


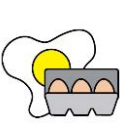
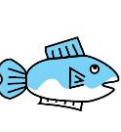



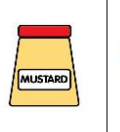
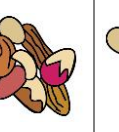

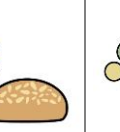
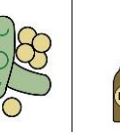





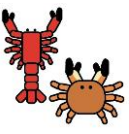
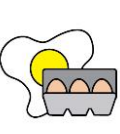
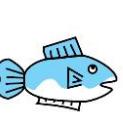
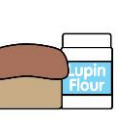

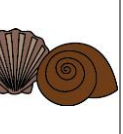

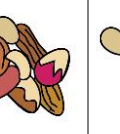

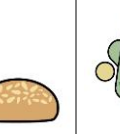
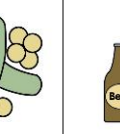

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Spaghetti hoops														
Stuffed tuna jacket potato														
Cheese Scrolls														
Macaroni Cheese														
Custard														
Parsley Sauce	May contain			May contain					May contain				May contain	
Quorn Sausage with apple														
Meatballs														
Homemade tomato sauce														
Chocolate Crunch and raspberries														

Review date:

Reviewed by:




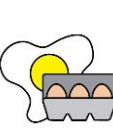






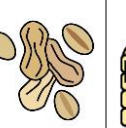
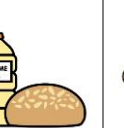
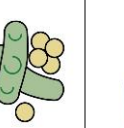

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken & BBQ Sauce														
Chicken tikka														
Quorn tikka														
Tuna and sweetcorn														
Sausage														
Homemade cheese pasties														
Oven baked mini fish in batter														
Fish Stars														
Fruit scone														
Roselle cream														

Review date:

Reviewed by:




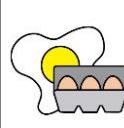





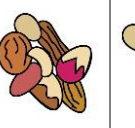
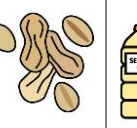
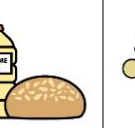
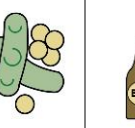

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur Dioxide
Tuna Salad Wrap														
Vegetable roast														
Iced fruit smoothie														
Homemade Cornish Pasty														
Cheesy fish pie														
Cheesy bean pie														
Bolognaise pasta bake														
Quorn bolognaise pasta bake														
Fish Fingers														
Apple sauce														




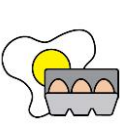
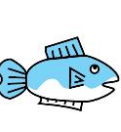



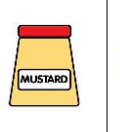
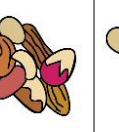

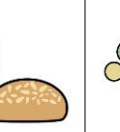
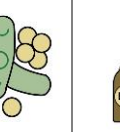

Review date:

Reviewed by:

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cornflake Crispy Cake														
Lemon curd shortbread														
Garlic bread														
Poached salmon														
Ice cream														
Pear Sponge														
Salmon nuggets														
Healthy Chocolate Muffin														
Salmon parcels														
BBQ quorn fillet														
Carrot cake														




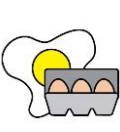
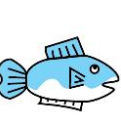



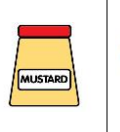
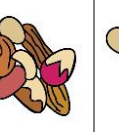

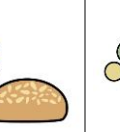
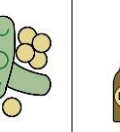

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Salmon and broccoli quiche														
Ham and pineapple pizza														
Cheese and tomato pizza														
Syrup sponge cake														
Iced apple cake														
Hot and kickin chicen														
Hot and kickin quorn														
Tuna scrolls														
Chocolate and Mandarine tray bake														
Yorkshire pudding														

Review date:

Reviewed by:



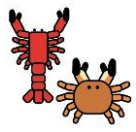
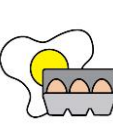
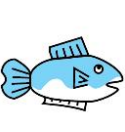


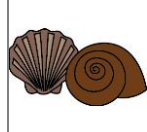




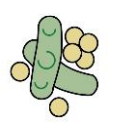

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Baked fish and cheese sauce					■		■		■					
Savoury mince		■												
Vegetarian cottage pie				■			■		■					
Tuna and sweetcorn pizza		■		■	■		■							
Angel Delight							■							
Stuffing		■		■										
Vegetable pie		■		■			■		■					
Spanish Omlette				■										
Baked beans														
Rosalie Biscuit		■					■							

Review date:

Reviewed by:

# DISHES AND THEIR ALLERGEN CONTENT –RAVENSDALE JUNIOR SCHOOL – AUTUMN WINTER 2015

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Noodles														
Mixed salad														
Cheese and crackers														

Review date:

Reviewed by: