

**Nourish**

# Mr Nourish's Birthday

**Thursday 7th October 2021**

Hot Dog <sup>1,5,6</sup>

Quorn Dog <sup>1,5,7,9,16</sup>

Jacket Potatoes with  
Various Toppings <sup>7,8,9</sup>

Sweetcorn

Cucumber Sticks

Sliced Sauté Potatoes

Birthday Cake <sup>1,9</sup>

Fruit Pots

Yoghurt <sup>7</sup>

## Competition

**Design a  
birthday card  
for Mr Nourish**

**Hand in to the  
catering team**

**Prizes to be  
awarded on  
his birthday**



Dishes marked with any of the following numbers contain the matching allergen. Allergen code: (1) Wheat Gluten (2) Crustaceans (3) Soybeans (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celery/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten (17) Chickpeas  
Key: \* Seasonal, Local Fruit & Veg. † Organic Foods