

# Nourish

## Mr Nourish's Birthday

Thursday 5th October 2023

**Burger in a Bun** 1,5  
**Vegetable Nuggets** 1 VG  
**Jacket Potatoes with  
Various Toppings** 7,8,9

**Seasonal Vegetables  
Diced Potatoes  
Birthday Cake** 1,9  
**Fruit, Jelly**

## Competition

**Design a  
birthday card  
for Mr Nourish**

**Hand in to the  
catering team**

**By Wednesday 4th October**

**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) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celeriac/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten (17) Chickpea  
Key: † Seasonal, Local Fruit & Veg ‡ Organic Foods

In addition to the best birthday cards prizes, some school meals will come with a lucky sticker which can be exchanged for a prize.

Over 100 prizes to be won