

BREAK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Fruit	Oat Cookie ^{1,15}	Flapjack ^{1,15}	Cheese Pastry ^{1,7}	Fruit
WEEK 2	Cheese & Tomato Pizza ^{1,3,7,9}	Fruit	Apricot Cookie ^{1,6,15}	Fruit	Fruit Loaf ^{1,3,7,9}
WEEK 3	Ginger Cookie ^{1,15}	Sausage Roll ^{1,6,7,9} (Meat & Vegetarian)	Fruit	Crispy Cake ¹⁶	Fruit

Dishes marked with any of the following numbers contain the matching allergen:

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



Meet Mr Nourish!