

Nourish
contract catering

PIRATE DAY

THURSDAY 16TH JANUARY

Jolly Rogers Burger in a Bun 1,35,6.12

Margherita 'Pizza' of Eight 1,37,9

The Crew's Favourite Cheese & Spring Onion Pasta 17

Jackets Potato - Look Out for the Topping 7,8,9

Scurvy Avoiding Seasonal Vegetables

Baked Potato Planks to Walk

Chest of Jammy Treasure 1,6

Captain Nourish's Biscuit 1

First Mates Fruit Pots

Yo-ho-ho Yoghurt 7

COMPETITION

**Make a Pirate Hat to wear to lunch.
The best ones will win a prize.**

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 Celery/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten

Meet the new
and improved
Mr Nourish!