



Valentine's DAY

FEBRUARY 14

Caramelised Red Onion
& Cheddar Pinwheel Hearts 1,7 v

Valentine Chocolate Orange Muffins 1,9 v

Heart Cookies 1 vG

GROW WITH US
NOURISH

Allergen Key: (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