

Bright Sparks Private Day Nursery Limited

| Day | Meal | Allergen |
|-------------------------|-------------------------------|--|
| <u>Monday</u> | | |
| | Bank Holiday | |
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| <u>Tuesday</u> | Tuna pasta bake with broccoli | Cereal, Fish, Gluten, Milk, Wheat |
| | Yoghurt and fresh fruit | Milk |
| | Toasted cheese pittas | Cereal, Gluten, Milk, Wheat |
| | Orange and ginger loaf | Cereal, Eggs, Gluten, Milk, Wheat |
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| <u>Wednesday</u> | Moussaka | Milk |
| | Pear and grape cocktail | |
| | Cheesy garlic bread | Cereal, Gluten, Milk, Wheat |
| | Frozen fruit smoothie | Milk |
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| <u>Thursday</u> | Cheese, tomato and pasta bake | Gluten, Milk, Wheat |
| | Fresh fruit salad | |
| | Beans on toast | Cereal, Gluten, Milk, Wheat |
| | Blueberry muffins | Cereal, Eggs, Gluten, Milk, Wheat |
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| <u>Friday</u> | Cowboy sausage hotpot | Cereal, Gluten, Soya, Sulphur Dioxide, Wheat |
| | Birthday cake | Cereal, Eggs, Gluten, Milk, Wheat |
| | Ham sandwiches | Cereal, Gluten, Milk, Wheat |
| | Dried fruit | |
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*** Other foods/resources used that may contain allergens OR/& treats brought in by a Parent

If you have any queries about our menu, please speak to Laura, Frankie or Tracey