

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Fish pie with broccoli and carrots	Fish, Milk
	Yoghurt	Milk
	Honey and Blueberry Loaf	Cereal, Gluten, Milk, Wheat
	Apple	

<u>Tuesday</u>	Spaghetti Bolognese	Cereal, Gluten, Wheat,
	Fresh fruit	
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Wednesday</u>	Chilli con carne and rice	
	Fruit cocktail	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruit scones	Cereal, Gluten, Milk, Wheat

<u>Thursday</u>	Chicken and leek pie with boiled potatoes, peas and cauliflower	Cereal, Gluten, Wheat
	Fresh fruit	
	Weetabix loaf	Cereal, Egg, Gluten, Milk, Wheat
	Melon and carrot sticks	

<u>Friday</u>	Bacon, cheese and tomato bake	Cereal, Gluten, Milk, Wheat
	Apple and pear	
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk, Wheat

*** 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