

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	Italian chicken pasta bake	Gluten
	Yoghurt and fruit compote	Milk
	Tuna and cheese pizza	Gluten, Milk
	Sultanas and cornflake crispies	

<u>Tuesday</u>	Lancashire hotpot	Celery, Gluten, Soya
	Eve's pudding and custard	Eggs, Gluten, Milk
	Pittas and homemade dips	Gluten, Milk
	Banana	

<u>Wednesday</u>	Fish cakes, mashed potatoes, mushy peas and parsley sauce	Fish, Gluten, Milk
	Fruity flapjack	Cereal, Gluten, Milk, Wheat
	Chelsea buns	Cereal, Gluten, Wheat
	Cheese chunks and apple	Milk

<u>Thursday</u>	Sweet potato, cheese and bacon bake	Cereal, Gluten, Milk, Wheat
	Fruit salad	
	Ham sandwiches	Cereal, Gluten, Milk
	Chocolate fudge brownies	Cereal, Eggs, Gluten, Milk

<u>Friday</u>	Moussaka	Milk
	Birthday cake	Cereals, Egg, Gluten, Milk, Wheat
	Garlic and herb focaccia bred	Cereal, Gluten, Wheat
	Pears	

*** 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