

# Bright Sparks Private Day Nursery

Day	Meal	Allergen
<b><u>Monday</u></b>	Italian chicken pasta bake	Gluten
	Yoghurt and fruit compote	Milk
	Tuna and cheese pizza	Fish, Gluten, Milk
	Apple and pear	
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<b><u>Tuesday</u></b>	Lancashire hotpot	Celery, Gluten, Soya
	Eve's pudding and ice cream	Eggs, Gluten, Milk
	Pittas and homemade dips	Gluten, Milk
	Banana	
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<b><u>Wednesday</u></b>	Fish cakes, mashed potatoes, peas and parsley sauce	Fish, Gluten, Milk
	Fruity flapjack	Cereal, Gluten, Milk, Wheat
	Chelsea buns	Cereal, Gluten, Wheat
	Cheese chunks and apple	Milk
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<b><u>Thursday</u></b>	Sweet potato, cheese and bacon bake	Milk
	Fruit salad	
	Ham sandwiches	Cereal, Gluten, Milk
	Chocolate brownies	Cereal, Eggs, Gluten, Milk, Wheat
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<b><u>Friday</u></b>	Penne pasta with a hidden vegetable sauce	Gluten, Wheat
	Fresh fruit	
	Garlic and herb focaccia bred	Cereal, Gluten, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk, Wheat
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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