

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Ocean pie, sweetcorn and peas	Fish, Milk
	Yoghurt and fruit compote	Milk
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Apricot flapjack	Cereal, Gluten, Milk, Wheat

<u>Tuesday</u>	Beef hot-pot, parsnip and carrots	
	Chocolate and pear sponge and custard	Cereal, Egg, Gluten, Milk, Wheat
	Cream crackers with cheese	Cereal, Gluten, Milk, Wheat
	Melon	

<u>Wednesday</u>	Lentil and vegetable bolognese	Cereal, Gluten, Wheat
	Fruit buns	Cereal, Eggs, Gluten, Milk, Wheat
	Pittas and dips	Cereal, Gluten, Milk, Wheat
	Fresh fruit salad	

<u>Thursday</u>	Chicken and bacon potato bake	Milk
	Victoria sandwich	Cereal, Eggs, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Pear and grape cocktail	

<u>Friday</u>	Lasagne	Cereal, Gluten, Milk, Wheat
	Toffee apple tray bake	Cereal, Eggs, Gluten, Milk, Wheat
	Savoury cheese bread	Cereal, Gluten, Wheat
	Orange	

*** 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