

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Fish fingers, wedge potatoes and peas	Celery, Cereals, Fish, Gluten, Wheat
	Lemon curd sponge	Cereals, Egg, Gluten, Milk, Wheat
	Homemade malt loaf	Cereals, Gluten, Milk, Wheat
	Banana and kiwi	

<u>Tuesday</u>	Tomato and fish pasta bake	Cereal, Fish, Gluten, Wheat
	Yoghurt	Milk
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Wednesday</u>	Beef, vegetable and potato hotpot	Celery, Cereal, Gluten, Soya, Wheat
	Fruit cocktail	
	Pittas and dips	Cereal, Gluten, Milk, Wheat
	Fruit muffins	Cereal, Eggs, Gluten, Milk, Wheat

<u>Thursday</u>	Potato, tomato and cheese bake	Cereal, Eggs, Gluten, Milk, Wheat
	Banana and ice cream	Eggs, Milk
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Flapjack	Cereal, Gluten, Milk, Wheat

<u>Friday</u>	Beef cobbler, mashed potatoes and cabbage	Celery, Cereal, Gluten, Soya, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk, Wheat
	Tuna and vegetable pizza	Cereal, Fish, Gluten, Milk, Wheat
	Apple and pear	

*** 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