

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Milk, Wheat
	Stewed apple and raisins with custard	Milk
	Cheese and tomato swirls	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Tuesday</u>	Chicken and vegetable curry and rice	
	Yoghurt	Milk
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Apple	

<u>Wednesday</u>	Fish fingers, chips and mushy peas	Cereal, Fish, Gluten, Wheat
	Fresh fruit	
	Homemade raisin loaf	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Thursday</u>	Sausage, potato, cauliflower and carrots	Celery, Cereal, Gluten, Soya, Sulphur dioxide, Wheat
	Orange and ginger cake	Cereal, Eggs, Gluten, Milk, Wheat
	Tuna sandwiches	Cereal, Egg, Fish, Gluten, Mustard seeds, Wheat
	Fresh fruit cocktail	

<u>Friday</u>	Cottage pie with peas	Celery, Cereal, Gluten, Soya, Wheat
	Cranberry flapjack	Cereal, Gluten, Milk, Wheat
	Banana sandwiches	Cereal, Gluten, Milk, Wheat
	Carrot cake	Cereal, Egg, 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