

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Cottage pie and cabbage	Celery, Cereal, Gluten, Soya
	Lemon muffins	Cereal, Eggs, Gluten, Milk, Wheat
	Toasted apricot tea bread	Cereal, Gluten, Sulphur dioxide, Wheat
	Apple	

<u>Tuesday</u>	Vegetable chilli and rice	
	Yoghurt	Milk
	Ham sandwiches	Cereal, Gluten, Milk
	Dried fruit	

<u>Wednesday</u>	Cheese and tomato pasta bake	Cereal, Gluten, Milk, Wheat
	Fruit salad	
	Wholemeal and rosemary focaccia bread	Cereal, Gluten, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk

<u>Thursday</u>	Roast chicken, mashed potatoes, peas and carrots	
	Summer berry sponge	Cereal, Eggs, Gluten, Milk
	Cheese and biscuits	Cereal, Gluten, Milk
	Satsumas	

<u>Friday</u>	Cheesy fish pie, peas and sweetcorn	Cereal, Fish, Gluten, Milk, Wheat
	Chewy oat bars	Cereal, Gluten, Milk
	Honey on toast	Cereal, Gluten, Milk
	Birthday cake	Cereal, Eggs, 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