

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Bacon, tomato, cheese and lentil bake	Milk
	Fresh fruit salad	
	Banana sandwiches	Cereal, Gluten, Milk, Wheat
	Jam tarts	Cereal, Eggs, Gluten, Milk, Wheat

<u>Tuesday</u>	Spaghetti bolognaise	Cereal, Gluten, Wheat
	Apple and pear	
	Marmite and jam on toast	Cereal, Gluten, Milk, Wheat
	Cherry buns	Cereal, Eggs, Gluten, Milk, Wheat

<u>Wednesday</u>	Fish cakes, potatoes, mushy peas and parsley sauce	Cereal, Fish, Gluten, Milk, Wheat
	Summer berry sponge	Cereal, Eggs, Gluten, Milk, Wheat
	Beans on toast	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Thursday</u>	Roast chicken, mash potatoes, green beans and peas	
	Fresh fruit salad	
	Crumpets	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Eggs, Gluten, Milk, Wheat

<u>Friday</u>	Cowboy sausages with carrots and cauliflower	Soya, Sulphur dioxide
	Apple crumble and cream	Cereal, Gluten, Milk, Wheat
	Tuna sandwiches	Cereal, Eggs, Fish, Gluten, Milk, Wheat
	Melon and kiwi	

*** 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