

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	Fish fingers, chips and peas	Cereal, Fish, Gluten
	Fresh fruit and ice cream	Milk
	Soft cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity flapjacks	Cereal, Gluten, Milk

<u>Tuesday</u>	Smokey bean hot pot with rice	
	Lemon drizzle cake	Cereal, Eggs, Gluten, Milk
	Tuna and cucumber pittas	Fish, Gluten, Wheat
	Apple and pear	

<u>Wednesday</u>	Cheese bacon and broccoli bake	Cereal, Gluten, Milk
	Jam tarts	Cereal, Gluten, Milk
	Crumpets	Cereal, Gluten, Milk
	Fresh fruit	

<u>Thursday</u>	Irish stew and dumplings	Cereal, Gluten, Milk
	Banana and yoghurt	Milk
	Sultana loaf	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Friday</u>	Sausage, mashed potato and baked beans	Cereal, Gluten, Soya, Sulphur dioxide
	Fruit cocktail	
	Sardine sandwiches	Cereal, Eggs, Fish, Gluten, Milk, Wheat
	Chocolate brownies	Cereal, Eggs, Gluten, Milk

*** 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