

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Beef cobbler, parsnips, potatoes and carrots	Celery, Cereal, Gluten, Soya, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Crumpets with butter	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Tuesday</u>	Cheese, tomato and pasta bake	Milk
	Yoghurt and fresh fruit	Milk
	Toasted cheese pittas	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Eggs, Gluten, Milk, Wheat

<u>Wednesday</u>	Moussaka	Milk
	Pear and grape cocktail	
	Cheesy garlic bread	Cereal, Gluten, Milk, Wheat
	Shortcake biscuits	Cereal, Gluten, Milk, Wheat

<u>Thursday</u>	Tuna pasta bake with broccoli	Cereal, Fish, Gluten, Milk, Wheat
	Fresh fruit salad	
	Beans on toast	Cereal, Gluten, Milk, Wheat
	Blueberry muffins	Cereal, Eggs, Gluten, Milk, Wheat

<u>Friday</u>	Cowboy sausage and lentil hotpot	Cereal, Gluten, Soya, Sulphur Dioxide, Wheat
	Satsumas and melon	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Birthday 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