

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Tomato and fish pasta bake	Cereal, Gluten, Wheat
	Treacle sponge and ice cream	Cereal, Eggs, Gluten, Milk, Wheat
	Pittas and homemade dips	Cereal, Gluten, Milk, Wheat
	Apple and orange cocktail	

<u>Tuesday</u>	Chicken and bean casserole	
	Yoghurt	Milk
	Crumpets	Cereal, Gluten, Milk, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk, Wheat

<u>Wednesday</u>	Beef and mushroom pie with roast potatoes and cabbage	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese and chive bread	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Eggs, Gluten, Milk, Wheat

<u>Thursday</u>	Sausage and butterbean stew	Cereal, Gluten, Soya, Wheat
	Lemon and lime loaf	Gluten, Milk, Wheat
	Vegetable pizza	Cereal, Gluten, Milk, Wheat
	Banana and raisins	

<u>Friday</u>	Cottage pie with peas and carrots	Milk
	Fruit cocktail	
	Garlic and herb focaccia bread	Cereal, Gluten, Milk, Wheat
	Fruit smoothie lollies	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