

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Fish and bean stew and rice	Fish
	Yoghurt and fruit compote	Milk
	Cream crackers with cheese	Cereal, Gluten, Milk, Wheat
	Banana and cinnamon muffins	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Tuesday</u></b>	Vegetable moussaka	Gluten, Milk, Wheat
	Fresh fruit	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Hot berry pudding	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Wednesday</u></b>	Spaghetti bolognese	Cereal, Gluten, Wheat
	Cranberry flapjack	Cereal, Egg, Gluten, Milk, Wheat
	Toasted pittas	Cereal, Gluten, Milk, Wheat
	Fresh fruit salad	
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<b><u>Thursday</u></b>	Chicken and bacon bake	Milk
	Apple crumble	Cereal, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Pear and grape cocktail	
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<b><u>Friday</u></b>	Tomato and lentil lasagne	Cereal, Gluten, Milk, Wheat
	Birthday Cake	Cereal, Egg, Gluten, Milk, Wheat
	Savoury cheese bread	Cereal, Gluten, Wheat
	Orange	
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\*\*\* 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