

Bright Sparks Private Day Nursery Limited

| Day | Meal | Allergen |
|-------------------------|--|---|
| <u>Monday</u> | Bacon, tomato, cheese penne | Cereal, Gluten, Milk, Wheat |
| | Fresh fruit salad | |
| | Banana sandwiches | Cereal, Gluten, Milk, Wheat |
| | Lemon tarts | Cereal, Eggs, Gluten, Milk, Wheat |
| *** | | |
| <u>Tuesday</u> | Spaghetti bolognese | Cereal, Gluten, Wheat |
| | Apple and pear | |
| | Marmite and jam on toast | Cereal, Gluten, Milk, Wheat |
| | Sticky gingerbread | 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 |
| | Courgette loaf | Milk |
| *** | | |
| <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