

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Chicken and vegetable curry and rice	
	Stewed apple and raisins with custard	Milk
	Courgette loaf	Cereal, Gluten, Wheat
	Satsumas	

<u>Tuesday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Milk, Wheat
	Yoghurt	Milk
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Apple	

<u>Wednesday</u>	Cottage pie with peas	Cereal, Gluten, Milk, Soya, Wheat
	Fresh fruit	
	Homemade raisin loaf	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Thursday</u>	Beef hot pot and dumplings	Cereal, Gluten, Wheat
	Orange and ginger cake	Cereal, Egg, Gluten, Milk, Wheat
	Soft cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Fresh fruit cocktail	

<u>Friday</u>	Fish fingers, chips and mushy peas	Cereal, Fish, Gluten, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Cranberry flapjack	Cereal, 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