

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	Spaghetti bolognaise	Cereal, Gluten, Milk
	Lemon drizzle cake	Cereal, Egg, Gluten, Milk, Wheat
	Wholemeal rosemary bread	Cereal, Gluten, Milk
	Apricot flapjack	Cereal, Gluten, Wheat

<u>Tuesday</u>	Lancashire hotpot	Celery, Gluten, Soya
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Chocolate and pear sponge	Cereal, Egg, Gluten, Milk, Wheat

<u>Wednesday</u>	Chicken and bacon bake	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Pittas and homemade dips	Cereal, Gluten, Milk, Wheat
	Fresh fruit salad	

<u>Thursday</u>	Lasagne	Cereal, Gluten, Milk, Wheat
	Yoghurt	Milk
	Sultana loaf	Cereal, Gluten, Milk, Wheat
	Pear	

<u>Friday</u>	Tomato and fish stew with rice	Fish
	Eve's Pudding	Cereal, Egg, Gluten, Milk, Wheat
	Cheese and crackers	Cereal, Gluten, Milk, Wheat
	Oranges	

*** 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