

## Bright Sparks Private Day Nursery Limited

| <b>Day</b>              | <b>Meal</b>   | <b>Allergen</b>                   |
|-------------------------|---|-----------------------------------|
| <b><u>Monday</u></b>    | Fish pie with broccoli and carrots                              | Fish, Milk                        |
|                         | Apple and sultana cake  | Cereal, Egg, Gluten, Milk, Wheat  |
|                         | Pittas and homemade dips  | Cereal, Gluten, Milk, Wheat       |
|                         | Banana  |                                   |
| ***                     |   |                                   |
| <b><u>Tuesday</u></b>   | Spaghetti Bolognese   | Cereal, Gluten, Wheat,            |
|                         | Melon and kiwi  |                                   |
|                         | Crackers and cheese   | Cereal, Gluten, Milk, Wheat       |
|                         | Birthday cake   | Cereal, Egg, Gluten, Milk, Wheat  |
| ***                     |   |                                   |
| <b><u>Wednesday</u></b> | Chilli con carne and rice                                       |                                   |
|                         | Fruit cocktail  |                                   |
|                         | Ham sandwiches  | Cereal, Gluten, Milk, Wheat       |
|                         | Pear and vanilla scones   | Cereal, Gluten, Milk, Wheat       |
| ***                     |   |                                   |
| <b><u>Thursday</u></b>  | Chicken and leek pie with boiled potatoes, peas and cauliflower | Cereal, Gluten, Wheat             |
|                         | Birthday cake   | Cereal, Egg, Gluten, Milk, Wheat  |
|                         | Weetabix loaf   | Cereal, Egg, Gluten, Milk, Wheat  |
|                         | Melon and carrot sticks   |                                   |
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| <b><u>Friday</u></b>    | Bacon, cheese and tomato bake                                   | Cereal, Gluten, Milk, Wheat       |
|                         | Apple and pear  |                                   |
|                         | Sardine sandwiches  | Cereal, Fish, Gluten, Milk, Wheat |
|                         | Jam tart  | Cereal, Gluten, Milk, Wheat       |
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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