

# Bright Sparks Private Day Nursery

Day	Meal	Allergen
<b><u>Monday</u></b>	Italian chicken pasta bake	Cereal, Gluten, Wheat
	Yoghurt and fruit compote	Milk
	Tuna and cheese pizza	Cereal, Fish, Gluten, Milk, Wheat
	Apple and pear	
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<b><u>Tuesday</u></b>	Lancashire hotpot	Celery, Cereal, Gluten, Soya, Wheat
	Eve's pudding	Cereal, Egg, Gluten, Milk, Wheat
	Toasted fruit bread	Cereal, Gluten, Wheat
	Banana	
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<b><u>Wednesday</u></b>	Spicy fish and vegetable stew with rice	Fish
	Fruity flapjack	Cereal, Gluten, Milk, Wheat
	Cheesy garlic bread	Cereal, Gluten, Milk, Wheat
	Apple and dried fruit	
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<b><u>Thursday</u></b>	Sweet potato, cheese and bacon bake	Milk
	Fruit salad	
	Irish soda bread	Cereal, Gluten, Milk, Wheat
	Chocolate brownies	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Friday</u></b>	Penne pasta with a hidden vegetable sauce	Gluten, Wheat
	Birthday Cake	Cereal, Egg, Gluten, Milk, Wheat
	Carrot and courgette muffins	Cereal, Egg, Gluten, Milk, Wheat
	Fresh fruit	
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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