

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Spaghetti bolognaise	Cereal, Gluten, Wheat
	Fresh fruit	
	Honey and Blueberry Loaf	Cereal, Gluten, Milk, Wheat
	Apple	
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<b><u>Tuesday</u></b>	Fish pie with broccoli and carrots	Fish, Milk
	Yoghurt	Milk
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Banana	
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<b><u>Wednesday</u></b>	Vegetable chilli con carne and rice	
	Fruit cocktail	
	Irish soda bread	Cereal, Gluten, Milk, Wheat
	Carrot and orange loaf	Cereal, Gluten, Milk, Wheat
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<b><u>Thursday</u></b>	Chicken and leek cobbler	Cereal, Gluten, Wheat
	Fresh fruit	
	Weetabix loaf	Cereal, Egg, Gluten, Milk, Wheat
	Melon and carrot sticks	
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<b><u>Friday</u></b>	Cheese and tomato bake	Cereal, Gluten, Milk, Wheat
	Apple and pear	
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Carrot cake	Cereal, Egg, 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