

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	Italian chicken pasta bake	Gluten
	Eve's pudding and custard	Egg, Gluten, Milk
	Tuna and cheese pizza	Gluten, Milk
	Apple and pear	

<u>Tuesday</u>	Lancashire hotpot	Celery, Cereal, Gluten, Soya, Wheat
	Yoghurt and fruit compote	Milk
	Toasted fruit bread	Cereal, Gluten, Wheat
	Banana	

<u>Wednesday</u>	Spicy fish stew and rice	Fish
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Cheesy garlic bread	Cereal, Gluten, Milk, Wheat
	Apple and dried fruit	

<u>Thursday</u>	Penne pasta with hidden vegetable sauce	Gluten, Wheat
	Fresh fruit salad	
	Irish soda bread	Cereal, Gluten, Milk, Wheat
	Shortcake biscuits	Cereal, Gluten, Milk, Wheat

<u>Friday</u>	Sweet potato, cheese and bacon bake	Cereal, Egg, Gluten, Milk, Wheat
	Birthday cake	Cereal, Gluten, Milk, Wheat
	Courgette loaf	Cereal, Gluten, Wheat
	Fresh fruit	

*** 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