

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Cottage pie and cabbage	Celery, Cereal, Gluten, Soya
	Lemon drizzle cake	Cereal, Egg, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk
	Apple	

<u>Tuesday</u>	Vegetable chilli and rice	
	Yoghurt	Milk
	Ham sandwiches	Cereal, Gluten, Milk
	Carrot cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Wednesday</u>	Cheese and tomato pasta bake	Cereal, Gluten, Milk, Wheat
	Fruit salad	
	Sardine sandwiches	Cereal, Fish, Gluten, Wheat
	Carrot cake	Cereal, Egg, Gluten, Milk

<u>Thursday</u>	Beef hotpot	
	Fruit cocktail	
	Honey on toast	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Friday</u>	Fish fingers, chips and peas	Cereal, Fish, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Soft cheese sandwiches	Cereal, Gluten, Milk, 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