

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Fish fingers, chips and peas	Cereal, Fish, Gluten
	Fresh fruit	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity flapjacks	Cereal, Gluten, Milk
***		
<b><u>Tuesday</u></b>	Smokey bean hot pot with rice	
	Marmalade tray bake	Cereal, Egg, Gluten, Milk
	Cheese and salad pittas	Gluten, Milk, Wheat
	Apple and pear	
***		
<b><u>Wednesday</u></b>	Cheese bacon and broccoli bake	Cereal, Gluten, Milk
	Lemon drizzle cake	Cereal, Egg, Gluten, Milk
	Crumpets	Cereal, Gluten, Milk
	Fresh fruit	
***		
<b><u>Thursday</u></b>	Irish stew and dumplings	Cereal, Gluten, Milk
	Yoghurt	Milk
	Courgette loaf	Egg, Milk
	Banana	
***		
<b><u>Friday</u></b>	Roasted vegetable and sausage stew	Cereal, Gluten, Soya, Sulphur dioxide
	Wholemeal orange pudding	Cereal, Gluten, Wheat
	Sardine sandwiches	Cereal, Egg, Fish, Gluten, Milk, Wheat
	Fruit cocktail	
***		

\*\*\* 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