

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Five bean chilli and rice	
	Fruity flapjacks	Cereal, Gluten, Milk, Wheat
	Cranberry plait	Cereal, Gluten, Milk, Wheat
	Banana and cinnamon muffins	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Tuesday</u></b>	Chicken and bacon pumpkin pot	Milk
	Date and cherry butter bars	Cereal, Egg, Gluten, Milk, Wheat
	Cream crackers and soft cheese	Cereal, Gluten, Milk, Wheat
	Apple	
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<b><u>Wednesday</u></b>	Iris stew with parsnips and carrots	
	Fresh fruit	
	Wholemeal cheesy garlic bread	Cereal, Gluten, Milk, Wheat
	Carrot cake	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Thursday</u></b>	Roasted vegetable pasta	Cereal, Gluten, Milk, Wheat
	Yoghurt and banana	Milk
	Buttered crumpets	Cereal, Gluten, Milk, Wheat
	Dried fruit	
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<b><u>Friday</u></b>	Fish stew and rice	Fish, Milk
	Lemon drizzle cake	Cereal, Egg, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Fresh fruit cocktail	
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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