

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Roasted butternut squash and rice	Gluten, Wheat
	Yoghurt and fruit compote	Milk
	Tuna and cheese pizza	Gluten, Milk
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Tuesday</u>	Penne pasta with hidden vegetable sauce	Gluten, Wheat
	Courgette loaf	Cereal, Egg, Gluten, Milk, Wheat
	Pittas and homemade dips	Gluten, Milk
	Banana	

<u>Wednesday</u>	Fish cakes, mashed potatoes, mushy peas and parsley sauce	Fish, Gluten, Milk
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Chelsea buns	Cereal, Gluten, Wheat
	Cheese chunks and apple	Milk

<u>Thursday</u>	Italian chicken pasta bake	Gluten
	Fruit salad	
	Ham sandwiches	Cereal, Gluten, Milk
	Chocolate brownies	Cereal, Egg, Gluten, Milk, Wheat

<u>Friday</u>	Lancashire hotpot	Celery, Gluten, Soya
	Apricot flapjack	Cereal, Gluten, Milk, Wheat
	Garlic and herb focaccia bred	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