

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Potato, tomato, and cheese bake	Cereal, Gluten, Milk, Wheat
	Apricot oat bar	Cereal, Gluten, Wheat
	Wholemeal garlic bread	Cereal, Gluten, Milk, Wheat
	Banana	
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<b><u>Tuesday</u></b>	Beef, vegetable, and potato hot pot	
	Fruit cocktail	
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Satsumas	
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<b><u>Wednesday</u></b>	Roasted vegetable pasta bake	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Homemade malt loaf	Cereal, Gluten, Milk, Wheat
	Fruit muffins	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Thursday</u></b>	Chicken curry and rice	
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Dried fruit	
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<b><u>Friday</u></b>	Vegetable cottage pie	Celery, Cereal, Gluten, Wheat
	Apple and pear	
	Tuna and vegetable pizza	Cereal, Fish, Gluten, Milk, Wheat
	Carrot cake	Cereal, Egg, Gluten, Milk, Wheat
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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