

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Fish fingers, chips and peas	Cereal, Fish, Gluten
	Fresh fruit and ice cream	Milk
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity flapjacks	Cereal, Gluten, Milk

<u>Tuesday</u>	Smokey bean hot pot with rice	
	Jam tarts	Cereal, Gluten, Milk
	Cheese and salad pittas	Gluten, Milk, Wheat
	Apple and pear	

<u>Wednesday</u>	Cheese bacon and broccoli bake	Cereal, Gluten, Milk
	Lemon drizzle cake	Cereal, Eggs, Gluten, Milk
	Crumpets	Cereal, Gluten, Milk
	Fresh fruit	

<u>Thursday</u>	Irish stew and dumplings	Cereal, Gluten, Milk
	Yoghurt	Milk
	Tuna pasta salad	Fish
	Banana	

<u>Friday</u>	Roasted vegetable and sausage stew	Cereal, Gluten, Soya, Sulphur dioxide
	Ice cream and fresh berry sauce	Milk
	Sardine sandwiches	Cereal, Eggs, 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