

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Spaghetti bolognaise	Cereal, Gluten, Wheat
	Yoghurt and fruit compote	Milk
	Wholemeal rosemary bread	Cereal, Gluten, Wheat
	Apricot flapjack	Cereal, Gluten, Milk, Wheat
***		
<b><u>Tuesday</u></b>	Beef hot-pot, parsnip and carrots	
	Chocolate and pear sponge and custard	Cereal, Egg, Gluten, Milk, Wheat
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Melon	
***		
<b><u>Wednesday</u></b>	Chicken and bacon bake	Cereal, Gluten, Milk, Wheat
	Beetroot muffins	Cereal, Egg, Gluten, Milk, Wheat
	Pittas and dips	Cereal, Gluten, Milk, Wheat
	Fresh fruit salad	
***		
<b><u>Thursday</u></b>	Tomato and fish stew and rice	Fish, Milk
	Fresh fruit salad	
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Pear	
***		
<b><u>Friday</u></b>	Vegetable lasagne	Cereal, Gluten, Milk, Wheat
	Banana and cinnamon loaf	Cereal, Egg, Gluten, Milk, Wheat
	Savoury cheese bread	Cereal, Gluten, Wheat
	Orange	
***		

\*\*\* 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