

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Cottage pie and cabbage	Celery, Cereal, Gluten, Soya
	Lemon muffins	Cereal, Egg, Gluten, Milk, Wheat
	Fruit bread	Cereal, Gluten, Milk, Wheat
	Apple	

<u>Tuesday</u>	Vegetable chilli and rice	
	Yoghurt	Milk
	Ham sandwiches	Cereal, Gluten, Milk
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Wednesday</u>	Cheese and tomato pasta bake	Cereal, Gluten, Milk, Wheat
	Fruit salad	
	Wholemeal and rosemary focaccia bread	Cereal, Gluten, Wheat
	Vanilla cheesecake	Cereal, Gluten, Milk, Wheat

<u>Thursday</u>	Roast chicken, mashed potatoes, peas and carrots	
	Autumn berry sponge	Cereal, Egg, Gluten, Milk
	Cheese and biscuits	Cereal, Gluten, Milk
	Satsumas	

<u>Friday</u>	Cheesy fish pasta	Cereal, Fish, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Honey on toast	Cereal, Gluten, Milk
	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