

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Potato, tomato and cheese bake	Cereal, Egg, Gluten, Milk, Wheat
	Lemon curd sponge	Cereal, Egg, Gluten, Milk, Wheat
	Homemade malt loaf	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Tuesday</u>	Beef, vegetable and potato hotpot	Celery, Cereal, Gluten, Soya, Wheat
	Yoghurt	Milk
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Wednesday</u>	Roasted vegetable pasta bake	Cereal, Gluten, Wheat
	Fruit cocktail	
	Wholemeal garlic bread	Cereal, Gluten, Milk, Wheat
	Fruit muffins	Cereal, Egg, Gluten, Milk, Wheat

<u>Thursday</u>	Spicy tomato fish stew and rice	Celery, Cereal, Fish, Gluten, Wheat
	Apricot oat bar	Cereal, Gluten, Wheat
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Dried fruit	

<u>Friday</u>	Vegetable cottage pie	Celery, Cereal, Gluten, Wheat
	Apple and pear	
	Tuna and vegetable pizza	Cereal, Fish, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

*** 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