

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Fish fingers, chips and peas	Cereal, Fish, Gluten
	Fresh fruit	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity flapjacks	Cereal, Gluten, Milk
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<b><u>Tuesday</u></b>	Smokey bean hot pot with rice	
	Banana and yoghurt	Milk
	Pittas and homemade dips	Gluten, Milk
	Apple and pear	
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<b><u>Wednesday</u></b>	Cheese, bacon and broccoli bake	Cereal, Gluten, Milk
	Apple crumble	Cereal, Egg, Gluten, Milk, Wheat
	Crumpets	Cereal, Gluten, Milk
	Fresh fruit	
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<b><u>Thursday</u></b>	Irish stew and dumplings	Cereal, Gluten, Milk
	Birthday cake	Cereal, Gluten, Milk
	Sultana loaf	Cereal, Gluten, Milk, Wheat
	Satsumas	
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<b><u>Friday</u></b>	Sausage, mashed potato and baked beans	Cereal, Gluten, Soya, Sulphur dioxide
	Fruit cocktail	
	Sardine sandwiches	Cereal, Egg, Fish, Gluten, Milk, Wheat
	Birthday 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