

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Roasted vegetable pasta bake	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Homemade malt loaf	Cereal, Gluten, Milk, Wheat
	Banana and kiwi	

<u>Tuesday</u>	Potato, tomato, and cheese bake	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Gluten, Milk, Wheat
	Wholemeal garlic bread	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Wednesday</u>	Beef, vegetable and potato hotpot	Celery, Cereal, Gluten, Soya, Wheat
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Shortbread biscuits	Cereal, Gluten, Milk, Wheat

<u>Thursday</u>	Fish fingers, chips and peas	Celery, Cereal, Gluten, Milk, Wheat
	Apricot oat bar	Cereal, Gluten, Wheat
	Cheese and chive bread	Cereal, Gluten, Milk, Wheat
	Fresh fruit	

<u>Friday</u>	Cottage pie	Celery, Cereal, Gluten, Wheat
	Hot chocolate pudding	Cereal, Egg, Gluten, Milk, Wheat
	Sardine sandwiches	Cereal, Fish, Gluten, Milk, Wheat
	Apple and pear	

*** 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