

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 and kiwi	

<u>Tuesday</u>	Roasted vegetable pasta bake	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Wednesday</u>	Beef, vegetable and potato hotpot	Celery, Cereal, Gluten, Soya, 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
	Birthday Cake	Cereal, Egg, Gluten, Milk, Wheat

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