

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Chilli con carne and rice	
	Fresh fruit salad	
	Honey on toast	Cereal, Gluten, Milk, Wheat
	Shortcake biscuits	Cereal, Egg, Gluten, Milk, Wheat

<u>Tuesday</u>	Bacon, cheese and tomato bake	Milk
	Yoghurt	Milk
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Wednesday</u>	Red pepper and spinach lasagne	Cereal, Gluten, Milk, Wheat
	Fresh fruit salad	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity flapjack	Cereal, Gluten, Milk, Wheat

<u>Thursday</u>	Vegetable and lentil hot pot	
	Cheesecake	Cereal, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Melon	

<u>Friday</u>	Tuna pasta bake	Fish, Milk
	Birthday Cake	Cereal, Egg, Gluten, Milk, Wheat
	Beetroot bread	Cereal, Gluten, Wheat
	Pears	

*** 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