

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Milk, Wheat
	Stewed apple and raisins with custard	Milk
	Cheese and tomato swirls	Cereal, Gluten, Milk, Wheat
	Satsumas	

<u>Tuesday</u>	Chicken and vegetable curry and rice	
	Apple Dorset loaf	Cereal, Egg, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Banana	

<u>Wednesday</u>	Fish fingers, chips and mushy peas	Cereal, Fish, Gluten, Wheat
	Fresh fruit	
	Pittas and homemade dips	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Thursday</u>	Sausage stew and rice	Celery, Cereal, Gluten, Soya, Sulphur dioxide, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Tuna sandwiches	Cereal, Egg, Fish, Gluten, Mustard seeds, Wheat
	Fresh fruit cocktail	

<u>Friday</u>	Cottage pie with peas	Celery, Cereal, Gluten, Soya, Wheat
	Cranberry flapjack	Cereal, Gluten, Milk, Wheat
	Banana sandwiches	Cereal, Gluten, Milk, Wheat
	Carrot 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