

## Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	<b>Cottage pie and cabbage</b>	<b>Celery, Cereal, Gluten, Soya</b>
	<b>Lemon muffins</b>	<b>Cereal, Egg, Gluten, Milk, Wheat</b>
	<b>Toasted teacakes</b>	<b>Gluten, Milk</b>
	<b>Apple</b>	
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<b><u>Tuesday</u></b>	<b>Vegetable and bean chilli with rice</b>	
	<b>Yoghurt</b>	<b>Milk</b>
	<b>Ham sandwiches</b>	<b>Cereal, Gluten, Milk, Wheat</b>
	<b>Banana and blue berry loaf</b>	<b>Cereal, Egg, Gluten, Milk, Wheat</b>
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<b><u>Wednesday</u></b>	<b>Cheese and tomato pasta bake</b>	<b>Cereal, Gluten, Milk, Wheat</b>
	<b>Fruit salad</b>	
	<b>Wholemeal and rosemary focaccia bread</b>	<b>Cereal, Gluten, Milk, Wheat</b>
	<b>Carrot cake</b>	<b>Cereal, Egg, Gluten, Milk, Wheat</b>
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<b><u>Thursday</u></b>	<b>Roast chicken, mashed potatoes, peas and carrots</b>	
	<b>Fruit sponge</b>	<b>Cereal, Egg, Gluten, Milk, Wheat</b>
	<b>Cheese and biscuits</b>	<b>Cereal, Gluten, Milk, Wheat</b>
	<b>Satsumas</b>	
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<b><u>Friday</u></b>	<b>Cheesy fish pie, peas and sweetcorn</b>	<b>Cereal, Fish, Gluten, Milk, Wheat</b>
	<b>Chewy oat bars</b>	<b>Cereal, Gluten, Wheat</b>
	<b>Honey on toast</b>	<b>Cereal, Gluten, Wheat</b>
	<b>Fresh fruit</b>	
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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