

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Fish fingers, chips and peas	Cereal, Fish, Gluten
	Fresh fruit and ice cream	Milk
	Cheese and chive bread	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Tuesday</u>	Smokey bean hot pot with rice	
	Jam tarts	Cereal, Gluten, Milk
	Pittas and homemade dips	Gluten, Milk
	Apple and pear	

<u>Wednesday</u>	Cheese, bacon and broccoli bake	Cereal, Gluten, Milk
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk
	Fresh fruit	

<u>Thursday</u>	Irish stew and dumplings	Cereal, Gluten, Milk
	Banana and yoghurt	Milk
	Sultana loaf	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Friday</u>	Roasted vegetable and sausage stew	Cereal, Gluten, Soya, Sulphur dioxide
	Wholemeal orange pudding	Cereal, Gluten, Wheat
	Sardine sandwiches	Cereal, Egg, Fish, Gluten, Milk, Wheat
	Birthday 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