

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Five bean chilli and rice	
	Banana muffins	Cereal, Egg, Gluten, Milk, Wheat
	Cranberry and raisin slice	Cereal, Gluten, Milk, Wheat
	Melon and kiwi	

<u>Tuesday</u>	Beef hot-pot, parsnips and carrots	
	Apricot flapjack	Cereal, Gluten, Wheat
	Cream crackers and soft cheese	Cereal, Gluten, Milk, Wheat
	Apple	

<u>Wednesday</u>	Chicken and bacon pumpkin pot	Milk
	Fresh fruit	
	Wholemeal cheesy garlic bread	Cereal, Gluten, Wheat
	Sticky gingerbread	Cereal, Egg, Gluten, Milk, Wheat

<u>Thursday</u>	Fish stew and rice	Fish, Milk
	Yoghurt and banana	Milk
	Buttered crumpets	Cereal, Gluten, Milk
	Chocolate and date square	Cereal, Egg, Gluten, Milk, Wheat

<u>Friday</u>	Roasted vegetable pasta	Cereal, Gluten, Milk, Wheat
	Apple crumble and cream	Cereal, Gluten, Milk, Wheat
	Malt loaf	Cereal, Gluten, Milk, Wheat
	Fresh fruit cocktail	

*** 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