

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Tomato and fish pasta bake	Cereal, Fish, Gluten, Wheat
	Treacle sponge and ice cream	Cereal, Eggs, Gluten, Milk, Wheat
	Pittas and homemade dips	Cereal, Gluten, Milk, Wheat
	Apple and orange cocktail	

<u>Tuesday</u>	Chicken and bean casserole	
	Yoghurt	Milk
	Crumpets	Cereal, Gluten, Milk, Wheat
	Carrot cake	Cereal, Eggs, Gluten, Milk, Wheat

<u>Wednesday</u>	Chicken pumpkin pot	Cereal, Gluten, Wheat
	Fresh fruit	
<u>Halloween</u>	Cheese and chive bread	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat

<u>Thursday</u>	Sausage and butterbean stew	Cereal, Eggs, Gluten, Wheat
	Lemon and lime loaf	Gluten, Milk, Wheat
	Vegetable pizza	Cereal, Gluten, Milk, Wheat
	Banana and raisins	

<u>Friday</u>	Cottage pie with peas and carrots	Milk
	Fruit cocktail	
	Garlic and herb focaccia bread	Cereal, Gluten, Milk, Wheat
	Fruit smoothie lollies	Milk

*** 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