

# Bright Sparks Private Day Nursery

<b>Day</b>	<b>Meal</b>	<b>Allergen</b>
<b><u>Monday</u></b>	Italian chicken pasta bake	Cereal, Gluten, Milk
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
	Irish soda bread	Cereal, Gluten, Milk, Wheat
	Apple and pear	
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<b><u>Tuesday</u></b>	Lancashire hotpot	Celery, Cereal, Gluten, Soya
	Yoghurt and fruit compote	Milk
	Toasted fruit bread	Cereal, Gluten, Milk, Wheat
	Banana	
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<b><u>Wednesday</u></b>	Spicy fish stew and rice	Fish
	Chocolate brownies	Cereal, Egg, Gluten, Milk, Wheat
	Cheesy garlic bread	Cereal, Gluten, Milk, Wheat
	Apple and dried fruit	
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<b><u>Thursday</u></b>	Penne pasta with hidden vegetable sauce	Gluten, Wheat
	Fresh fruit salad	
	Tuna and cheese pizza	Cereal, Fish, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Milk, Wheat
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<b><u>Friday</u></b>	Sweet potato, cheese and bacon bake	Milk
	Birthday cake	
	Courgette loaf	Cereal, Gluten, Wheat
	Fresh fruit	
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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, Hayley or Tracey