

# Bright Sparks Private Day Nursery Limited

| <b>Day</b>              | <b>Meal</b>                          | <b>Allergen</b>                  |
|-------------------------|--------------------------------------|----------------------------------|
| <b><u>Monday</u></b>    | Five bean chilli and rice            |                                  |
|                         | Summer Berry pudding                 | Cereal, Egg, Gluten, Wheat       |
|                         | Cranberry plait                      | Cereal, Gluten, Milk, Wheat      |
|                         | Banana                               |                                  |
| ***                     |                                      |                                  |
| <b><u>Tuesday</u></b>   | Garlic chicken pasta                 | Milk                             |
|                         | Date and cherry butter bars          | Cereal, Egg, Gluten, Milk, Wheat |
|                         | Cream crackers and soft cheese       | Cereal, Gluten, Milk, Wheat      |
|                         | Apple                                |                                  |
| ***                     |                                      |                                  |
| <b><u>Wednesday</u></b> | Irish stew with parsnips and carrots |                                  |
|                         | Fresh fruit                          |                                  |
|                         | Wholemeal cheesy garlic bread        | Cereal, Gluten, Milk, Wheat      |
|                         | Birthday cake                        | Cereal, Egg, Gluten, Milk        |
| ***                     |                                      |                                  |
| <b><u>Thursday</u></b>  | Roasted vegetable pasta              | Cereal, Gluten, Milk, Wheat      |
|                         | Yoghurt                              | Milk                             |
|                         | Buttered crumpets                    | Cereal, Gluten, Milk             |
|                         | Plum Muffins                         |                                  |
| ***                     |                                      |                                  |
| <b><u>Friday</u></b>    | Fish risotto                         | Fish                             |
|                         | Birthday cake                        | Cereal, Egg, 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, Hayley or Tracey