

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Fish fingers, chips and Beans	Cereal, Fish, Gluten
	Fresh fruit	
	Ham sandwiches	Cereal, Gluten, Milk, Wheat
	Fruity Flapjack	Cereal, Egg, Gluten, Milk, Wheat

Tuesday	Smokey bean hot pot with rice	
	Marmalade tray bake	Cereal, Egg, Gluten, Milk
	Cheese and salad pittas	Gluten, Milk, Wheat
	Apple and pear	

Wednesday	Irish stew and dumplings	Cereal, Gluten, Milk
	Lemon drizzle cake	Cereal, Egg, Gluten, Milk, Wheat
	Crumpets	Cereal, Gluten, Milk
	Fresh fruit	

Thursday	Cheese bacon and broccoli bake	Cereal, Gluten, Milk
	Sticky toffee pudding	Cereal, Egg, Gluten, Milk, Wheat
	Courgette loaf	Cereal, Gluten, Milk, Wheat
	Banana	

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