

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	May day- Nursery closed	

<u>Tuesday</u>	Mexican beef and noodles	Gluten, Celery, Cereal
	Fresh fruit	
	Malt loaf	Gluten, Wheat, Cereal
	Banana	

<u>Wednesday</u>	Spicy fish stew and cous cous	Fish
	Birthday cake	Gluten, Wheat, Cereal, Eggs
	Cheesy garlic bread	Gluten, Wheat, Cereal, Milk
	Apple and dried fruit	

<u>Thursday</u>	Penne pasta with hidden vegetable sauce	Gluten, Wheat, cereal
	Fresh fruit salad	
	Tuna and cheese pizza	Cereal, Fish, Gluten, Milk, Wheat
	Banana and kiwi	

<u>Friday</u>	5 bean chilli and rice	
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Crackers and soft cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit	

*** 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