

# Bright Sparks Private Day Nursery Limited

| Day                     | Meal                                     | Allergen                         |
|-------------------------|--|----------------------------------|
| <b><u>Monday</u></b>    | Chicken and mushroom hotpot              | Cereal, Wheat, Gluten            |
|                         | Fresh fruit                              |                                  |
|                         | Ham sandwiches                           | Cereal, Gluten, Wheat            |
|                         | Banana milkshake                         | Milk                             |
| ***                     |  |                                  |
| <b><u>Tuesday</u></b>   | Smokey bean hot pot with rice            |                                  |
|                         | Hot chocolate pudding                    | Cereal, Egg, Gluten, Milk, Wheat |
|                         | Cheese and salad pittas                  | Gluten, Milk, Wheat, Cereal      |
|                         | Apple and pear                           |                                  |
| ***                     |  |                                  |
| <b><u>Wednesday</u></b> | Salmon and pea tagliatelle               | Cereal, Gluten, Wheat, Fish      |
|                         | Fresh fruit                              |                                  |
|                         | Crumpets                                 | Cereal, Gluten, Wheat            |
|                         | Birthday cake                            | Cereal, Egg, Gluten, Wheat       |
| ***                     |  |                                  |
| <b><u>Thursday</u></b>  | Cheese bacon and broccoli bake           | Cereal, Gluten, Milk, Wheat      |
|                         | Yoghurt                                  | Milk                             |
|                         | Wholemeal garlic bread                   | Cereal, Gluten, Wheat            |
|                         | Banana and dried fruit                   |                                  |
| ***                     |  |                                  |
| <b><u>Friday</u></b>    | Roasted vegetable and Quorn sausage stew | Cereal, Gluten, Soya, Wheat      |
|                         | Birthday cake                            | Cereal, Gluten, Wheat, Eggs      |
|                         | Sardine sandwiches                       | Cereal, Fish, Gluten, Wheat      |
|                         | Fruit cocktail                           |                                  |
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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