

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Chicken and chickpea curry and rice	
	Cherry pie	Cereal, Gluten, Wheat
	Crackers and soft cheese	Cereal, Gluten, Wheat, Milk
	Satsumas	

<u>Tuesday</u>	Vegetable and Lentil Stew with cous cous	Cereal, Gluten, Wheat
	Apple crumble	Cereal, Gluten and Wheat
	Malt loaf	Cereal, Gluten, Wheat
	Apple	

<u>Wednesday</u>	Red Pepper and Spinach Lasagne	Cereal, Gluten, Milk, Wheat
	Fresh fruit	
	Sardine Sandwiches	Cereal, Fish, Gluten, Wheat
	Chocolate and date loaf	Cereal, Egg, Gluten, milk and Wheat

<u>Thursday</u>	Roasted butternut squash risotto	Cereal, Gluten, Milk, Wheat
	Birthday Cake	Cereal, Egg, Gluten, Wheat
	Beetroot Bread	Cereal, Gluten, Wheat
	Veggie Sticks	

<u>Friday</u>	Beef and vegetable Goulash	Cereal, Gluten, Wheat
	Cranberry Flapjack	Cereal, Gluten, Wheat
	Cheese sandwiches	Cereal, Gluten, Milk, Wheat
	Banana and dried 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