

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	5 bean chilli and rice	
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Cheese and tomato pizza	Cereal, Gluten, Wheat, Milk
	Satsumas	

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

<u>Wednesday</u>	Creamy ham, leek and mushroom spaghetti	Cereal, Gluten, Milk, Wheat
	Fresh fruit	
	Sardine Sandwiches	Cereal, Fish, Gluten, Wheat
	Banana	

<u>Thursday</u>	Roasted butternut pasta bake	Cereal, Gluten, Milk, Wheat
	Fresh fruit	
	Beetroot Bread	Cereal, Gluten, Wheat
	Veggie Sticks	

<u>Friday</u>	Cottage pie and peas	
	Cranberry Flapjack	Cereal, Gluten, Wheat
	Soft 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