

Bright Sparks Private Day Nursery

Day	Meal	Allergen
<u>Monday</u>	Bank holiday- Nursery closed	

<u>Tuesday</u>	5 bean chilli and rice	
	Fresh fruit	
	Buttered crumpets	Gluten, Wheat, Cereal,
	Apple	

<u>Wednesday</u>	Beef goulash pasta	Gluten, Wheat, Cereal
	Fresh fruit	
	Wholemeal cheesy garlic bread	Gluten, Wheat, Cereal, Milk
	Fruity flapjack	Gluten, Wheat, Cereal

<u>Thursday</u>	Vegetable Moroccan bake and cous cous	Gluten, Wheat, cereal, Milk
	Yoghurt	Milk
	Cream crackers and soft cheese	Gluten, Wheat, Cereal, Milk
	Fresh fruit	

<u>Friday</u>	Fish pie mac and cheese	Gluten, Wheat, Cereal, Fish, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Malt loaf	Cereal, Gluten, Wheat,
	Fresh 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