

# Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b><u>Monday</u></b>	Macaroni cheese	Cereal, Gluten, Milk, Wheat
	Birthday cake	Cereal, Egg, Gluten, Wheat
	Sardine sandwiches	Cereal, Fish, Gluten, Wheat
	Melon and kiwi	
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<b><u>Tuesday</u></b>	Tuna bolognaise	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Cheese and tomato bruschetta	Cereal, Gluten, Milk, Wheat
	Apple	
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<b><u>Wednesday</u></b>	Beef hot-pot, parsnip and carrots	
	Fresh fruit	
	Pittas and homemade dips	Cereal, Gluten, Milk, Wheat
	Birthday Cake	Cereal, Egg, Gluten, Wheat
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<b><u>Thursday</u></b>	Five bean chilli and cous cous	
	Chocolate brownies	Cereal, Gluten, Milk, Wheat, Eggs
	Toasted fruit bread	Cereal, Gluten, Wheat
	Fresh Fruit	
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<b><u>Friday</u></b>	Pea and ham tagliatelle and garlic bread	Cereal, Gluten, Milk, Wheat
	Cranberry flapjack	Cereal, Gluten, Wheat
	Buttered crumpets	Cereal, Gluten, Wheat
	Fresh 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