

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Macaroni cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

Tuesday	Baked cod with veggie noodles	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Cheese and garlic focaccia bread	Cereal, Gluten, Wheat, Milk
	Fruit salad	

Wednesday	Beef and vegetable curry and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs

Thursday	Red lentil cottage pie	
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Toasted fruit bread	Cereal, Gluten, Wheat, Milk
	Fruit salad	

Friday	Ham and pea tagliatelle with garlic bread	Cereal, Gluten, Wheat, Milk
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs
	Buttered crumpets	Cereal, Gluten, Wheat
	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 G, Laura H or Tracey