

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Salmon and broccoli pasta bake	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
	Cheese and tomato pizza	Cereal, Gluten, Wheat, Milk
	Melon	

<u>Tuesday</u>	5 bean chilli and rice	
	Yoghurt	Milk
	Plum loaf	Cereal, Gluten, Wheat, Eggs
	Apple	

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

<u>Thursday</u>	Beef and bean curry and rice	
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk
	Toasted pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Fruit salad	

<u>Friday</u>	Vegetable and lentil stew and cous cous	Cereal, Gluten, Wheat
	Fresh fruit	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	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 G, Laura H or Tracey