

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	5 bean chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs

Tuesday	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Fresh fruit	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Apple	

Wednesday	Vegetable and lentil stew with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Sardine Sandwiches	Cereal, Gluten, Wheat, Fish
	Birthday cake	Cereal, Gluten, Wheat, Eggs

Thursday	Moroccan fish stew	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Gingerbread	Cereal, Gluten, Wheat, Eggs

Friday	Beef stew and herby dumplings	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

*** 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