

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Garlic chicken pasta bake	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Cranberry plait	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

Tuesday	Cod, lentil and bean stew	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
	Crackers and soft cheese	Cereal, Gluten, Wheat, Milk
	Blueberry crumble cake	Cereal, Gluten, Wheat, Eggs

Wednesday	Roasted vegetable pasta	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Wholemeal cheesy garlic bread	Cereal, Gluten, Wheat, Milk
	Fruit salad	

Thursday	Beef goulash and cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Hot cross buns	Cereal, Gluten, Wheat
	Satsumas	Cereal, Gluten, Wheat

Friday		
	Bank Holiday- Good Friday	Nursery closed.

*** 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