

Bright Sparks Private Day Nursery Limited

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

<u>Tuesday</u>	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

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

<u>Thursday</u>	Beef goulash and cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Hot cross buns	Cereal, Gluten, Wheat
	Satsumas	Cereal, Gluten, Wheat

<u>Friday</u>		
	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