

# Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b>Monday</b>	Beef chilli and rice	
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
***		
<b>Tuesday</b>	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Fresh sliced apple	
***		
<b>Wednesday</b>	Cauliflower, bean and lentil noodles	Cereal, Wheat, Gluten
	Yoghurt	Milk
	Homemade fruit bread	Cereal, Gluten, Wheat
	Banana	
***		
<b>Thursday</b>	Moroccan fish stew and cous cous	Cereal, Gluten, Wheat, Fish
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Toasted pittas and dips	Cereal, Gluten, Wheat, Milk
	Fresh fruit salad	
***		
<b>Friday</b>	Beef stew and herby dumplings	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Flapjack	Cereal, Gluten, Wheat
***		

\*\*\* 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