

# Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b>Monday</b>	Garlic chicken pasta bake	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Cheese and tomato pizza	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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<b>Tuesday</b>	5 bean chilli and rice	
	Yoghurt	Milk
	Homemade malt loaf	Cereal, Gluten, Wheat
	Fresh sliced apple	
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<b>Wednesday</b>	Moussaka	Cereal, Gluten, Wheat, Milk
	Blueberry muffins	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	
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<b>Thursday</b>	Aubergine and lentil stew with cous cous	Cereal, Gluten, Wheat, Milk
	Fruit salad	
	Homemade beetroot bread	Cereal, Gluten, Wheat
	Fruity flapjack	Cereal, Gluten, Wheat
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<b>Friday</b>	Cottage pie and peas	
	Fruit cocktail	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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\*\*\* 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