

# Bright Sparks Private Day Nursery Limited

<b>Day</b>	<b>Meal</b>	<b>Allergen</b>
<b><u>Monday</u></b>	Italian chicken pasta bake	Cereal, Gluten, Wheat
	Blueberry muffins	Cereal, Gluten, Wheat, Eggs
	Cheese and chive bread	Cereal, Gluten, Wheat, Milk
	Apple and pear	
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<b><u>Tuesday</u></b>	Spicy fish stew and cous cous	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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<b><u>Wednesday</u></b>	Penne pasta and hidden vegetable sauce	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Cheesy garlic focaccia	Cereal, Gluten, Wheat, Milk
	Banana and dried fruit	
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<b><u>Thursday</u></b>	Mediterranean chicken and herby potatoes	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Buttered crumpets	Cereal, Gluten, Wheat
	Fresh fruit	
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<b><u>Friday</u></b>	Beef and garlic bread bake	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Ham sandwiches	Cereal, Gluten, Wheat
	Fruit cocktail	
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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