

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Tuna pasta bake	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
	Cheese and tomato pizza	Cereal, Gluten, Wheat, Milk
	Melon	

Tuesday	5 bean chilli and rice	
	Yoghurt	Milk
	Homemade malt loaf	Cereal, Gluten, Wheat
	Fresh sliced apple	

Wednesday	Beef and bean curry and rice	
	Lemon and lime cake	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

Thursday	Mac and cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit salad	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Fruit smoothie	Milk

Friday	Vegetable and lentil stew with cous cous	Cereal, Gluten, Wheat
	Chocolate brownies	
	Toasted pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Banana and dried fruit	

*** 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