

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Chicken and vegetable curry	Cereal, Gluten, Wheat
	Fresh fruit	
	Cranberry plait	Cereal, Gluten, Wheat
	Melon and kiwi	

<u>Tuesday</u>	Mexican lentil and bean stew	Cereal, Gluten, Wheat
	Fresh fruit	
	Cream crackers and soft cheese	Cereal, Gluten, Wheat, Milk
	Summer fruit sponge	Cereal, Gluten, Wheat, Eggs

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

<u>Thursday</u>	Beef goulash with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Homemade fruit bread	Cereal, Gluten, Wheat
	Satsuma	

<u>Friday</u>	Cod and black bean stew and noodles	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Buttered crumpets	Cereal, Gluten, Wheat
	Apple and cinnamon cake	Cereal, Gluten, Wheat, Eggs

*** 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