

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Cream crackers and cheese	Cereal, Gluten, Wheat, Milk
	Apple and dried fruit	

Tuesday	Fish risotto	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Homemade malt loaf	Cereal, Gluten, Wheat
	Satsumas	

Wednesday	Creamy leek, ham and mushroom spaghetti	Cereal, Wheat, Gluten, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

Thursday	Aubergine and lentil cous cous	Cereal, Gluten, Wheat
	Fruit salad	
	Beetroot bread	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

Friday	Cottage pie and peas	
	Fresh fruit	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Birthday 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