

# Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<b>Monday</b>	Vegetable and lentil lasagne	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Banana and kiwi	
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<b>Tuesday</b>	Spicy vegetable and beef stew	
	Fruit salad	
	Homemade fruit loaf	Cereal, Gluten, Wheat
	Satsuma	
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<b>Wednesday</b>	Spinach and chickpea rigatoni	Cereal, Gluten, Wheat
	Carrot cake	Cereal, Gluten, Wheat, Eggs
	Wholemeal garlic bread	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
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<b>Thursday</b>	Cod and black bean curry	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Olive bread	Cereal, Gluten, Wheat
	Fruit salad	
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<b>Friday</b>	Chilli con carne and cous cous	Cereal, Gluten, Wheat
	Cranberry flapjack	Cereal, Gluten, Wheat
	Homemade vegetable pizza	Cereal, Gluten, Wheat, Milk
	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