

# Bright Sparks Private Day Nursery Limited

<b>Day</b>	<b>Meal</b>	<b>Allergen</b>
<b><u>Monday</u></b>	5 bean chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk
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<b><u>Tuesday</u></b>	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Fresh fruit	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Fresh sliced apple	
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<b><u>Wednesday</u></b>	Chicken and lentil stew with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
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<b><u>Thursday</u></b>	Moroccan fish stew	Cereal, Gluten, Wheat, Fish
	Fresh fruit salad	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Gingerbread loaf	Cereal, Gluten, Wheat, Eggs
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<b><u>Friday</u></b>	Beef stew and herby dumplings	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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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