

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Beef and vegetable curry and rice	Cereal, Gluten, Wheat
	Oat cookies	Cereal, Gluten, Wheat
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Melon and kiwi	

<u>Tuesday</u>	Macaroni cheese	Cereal, Gluten, Wheat, Milk
	Apricot flapjack	Cereal, Gluten, Wheat
	Cream crackers and cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit	

<u>Wednesday</u>	Salmon and broccoli pasta	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Chocolate cherry and cheesecake brownies	Cereal, Gluten, Wheat, Milk, Eggs

<u>Thursday</u>	5 bean chilli and cous cous	Cereal, Gluten, Wheat
	Yoghurt and banana	Milk
	Toasted fruit bread	Cereal, Gluten, Wheat
	Fresh fruit	

<u>Friday</u>	Ham and pea tagliatelle with garlic bread	Cereal, Gluten, Wheat, Milk
	Apple crumble	Cereal, Gluten, Wheat
	Buttered crumpets	Cereal, Gluten, Wheat
	Fruit cocktail	

*** 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