

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Salmon and broccoli pasta bake	Cereal, Gluten, Wheat, Fish, Milk
	Fresh fruit	
	Cheese and tomato pizza	Cereal, Gluten, Wheat, Milk
	Melon	

Tuesday	5 bean chilli and rice	
	Yoghurt	Milk
	Homemade plum loaf	Cereal, Gluten, Wheat, Eggs
	Fresh sliced apple	

Wednesday	Lasagne	Cereal, Gluten, Wheat, Milk
	Fruit smoothie	Milk
	Tuna sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

Thursday	Beef and bean curry and rice	
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk
	Toasted pittas and homemade dip	Cereal, Gluten, Wheat, Milk
	Fruit salad	

Friday	Chicken and lentil stew with cous cous	Cereal, Gluten, Wheat
	Fresh fruit	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Banana and dried fruit	

*** 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