

Bright Sparks Private Day Nursery Limited

| Day | Meal | Allergen |
|------------------|------------------------------|-----------------------------|
| Monday | | |
| | Spring Bank Holiday | Closed |
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| Tuesday | Spicy fish and lentil stew | Cereal, Gluten, Wheat, Fish |
| | Fresh fruit | |
| | Cream crackers and cheese | Cereal, Gluten, Wheat, Milk |
| | Carrot cake | Cereal, Gluten, Wheat, Eggs |
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| Wednesday | Mixed bean chilli and quinoa | Cereal, Wheat, Gluten |
| | Fresh fruit | |
| | Tuna sandwiches | Cereal, Gluten, Wheat, Fish |
| | Granny apple cake | Cereal, Gluten, Wheat, Eggs |
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| Thursday | Peppered beef noodles | Cereal, Gluten, Wheat |
| | Summer fruit pudding | Cereal, Gluten, Wheat, Eggs |
| | Wholemeal cheese pittas | Cereal, Gluten, Wheat, Milk |
| | Veggie sticks | |
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| Friday | Cheese and tomato pasta bake | Cereal, Gluten, Wheat, Eggs |
| | Yoghurt | Milk |
| | Homemade malt loaf | Cereal, Gluten, Wheat |
| | Selection of fresh fruit | |
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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