

# Bright Sparks Private Day Nursery Limited

<b>Day</b>	<b>Meal</b>	<b>Allergen</b>
<b><u>Monday</u></b>	Macaroni cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	
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<b><u>Tuesday</u></b>	Baked cod with veggie noodles	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Toasted pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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<b><u>Wednesday</u></b>	Beef and vegetable curry and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese and garlic focaccia	Cereal, Gluten, Wheat, Milk
	Birthday cake	
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<b><u>Thursday</u></b>	Red lentil cottage pie	
	Fresh fruit	
	Toasted fruit bread	Cereal, Gluten, Wheat
	Fresh sliced apple	
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<b><u>Friday</u></b>	Ham and pea tagliatelle with garlic bread	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Buttered crumpets	Cereal, Gluten, Wheat
	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