

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Macaroni cheese	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

<u>Tuesday</u>	Baked cod with veggie noodles	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Toasted pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Fresh fruit	

<u>Wednesday</u>	Beef and vegetable curry and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese and garlic focaccia	Cereal, Gluten, Wheat, Milk
	Melon	

<u>Thursday</u>	Red lentil cottage pie	
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Toasted fruit bread	Cereal, Gluten, Wheat
	Fresh sliced apple	

<u>Friday</u>	Ham and pea tagliatelle with garlic bread	Cereal, Gluten, Wheat, Milk
	Lemon and lime cake	Cereal, Gluten, Wheat, Eggs
	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