

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Apple and dried fruit	

<u>Tuesday</u>	Fish risotto	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Cheese and crackers	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs

<u>Wednesday</u>	Creamy leek, ham and mushroom spaghetti	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Banana	

<u>Thursday</u>	Aubergine and lentil cous cous	Cereal, Gluten, Wheat
	Fruit salad	
	Beetroot bread	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

<u>Friday</u>	Cottage pie and peas	
	Fresh fruit	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk

*** 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