

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Italian chicken pasta bake	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Cheese and chive bread	Cereal, Gluten, Wheat, Milk
	Fresh fruit	

<u>Tuesday</u>	Cod and black bean curry	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Buttered crumpets	Cereal, Gluten, Wheat
	Melon	

<u>Wednesday</u>	Lasagne	Cereal, Gluten, Wheat, Milk
	Fruit cocktail	
	Cheesy garlic focaccia bread	Cereal, Gluten, Wheat, Milk
	Apple and dried fruit	

<u>Thursday</u>	Butternut squash, apricot and cous cous tagine	Cereal, Gluten, Wheat
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk
	Tuna and cheese pizza	Cereal, Gluten, Wheat, Milk
	Fresh fruit	

<u>Friday</u>	Sweet potato and chickpea noodles	Cereal, Gluten, Wheat
	Bakewell tart	Cereal, Gluten, Wheat, Eggs
	Toasted fruit bread	Cereal, Gluten, Wheat
	A selection of fresh 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