

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Italian chicken pasta bake	Cereal, Gluten, Wheat
	Blueberry muffins	Cereal, Gluten, Wheat, Eggs
	Cheese and chive bread	Cereal, Gluten, Wheat, Milk
	Apple and pear	

<u>Tuesday</u>	Spicy fish stew and cous cous	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Veggie sticks	

<u>Wednesday</u>	Penne pasta and hidden vegetable sauce	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Homemade olive bread	Cereal, Gluten, Wheat
	Banana and dried fruit	

<u>Thursday</u>	Mediterranean chicken and herby potatoes	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Buttered crumpets	Cereal, Gluten, Wheat
	Fresh fruit	

<u>Friday</u>	Beef and garlic bread bake	Cereal, Gluten, Wheat
	Fruity flapjack	
	Ham sandwiches	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