

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Beef chilli and rice	
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Melon	

<u>Tuesday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Fresh sliced apple	

<u>Wednesday</u>	Cauliflower, bean and lentil noodles	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Homemade fruit bread	Cereal, Gluten, Wheat
	Banana	

<u>Thursday</u>	Moroccan fish stew with cous cous	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Toasted pittas and dips	Cereal, Gluten, Wheat, Milk
	Fruit salad	

<u>Friday</u>	Chicken stew and herby dumplings	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

*** 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