

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	5 bean chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Melon	

<u>Tuesday</u>	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Fresh fruit	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Apple	

<u>Wednesday</u>	Vegetable and lentil stew with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Birthday cake	Cereal, Gluten, Wheat, Eggs

<u>Thursday</u>	Moroccan fish stew	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Homemade olive bread	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs

<u>Friday</u>	Peppered beef noodles	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Cranberry flapjack	Cereal, Gluten, Wheat

*** 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