

Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
<u>Monday</u>	Vegetable and lentil lasagne	Cereal, Gluten, Wheat
	Fruit cocktail	
	Tuna sandwiches	Cereal, Gluten, Wheat, Fish
	Banana and kiwi	

<u>Tuesday</u>	Spicy vegetable and beef stew	
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	Satsuma	

<u>Wednesday</u>	Spinach and chickpea rigatoni	Cereal, Gluten, Wheat
	Carrot cake	Cereal, Gluten, Wheat, Eggs
	Wholemeal garlic bread	Cereal, Gluten, Wheat
	Fresh fruit	Cereal, Gluten, Wheat, Eggs

<u>Thursday</u>	Cod and black bean curry	Cereal, Gluten, Wheat, Fish
	Yoghurt	Milk
	Homemade olive bread	Cereal, Gluten, Wheat
	Fruit salad	

<u>Friday</u>	Chilli con carne and cous cous	Cereal, Gluten, Wheat
	Cranberry flapjack	Cereal, Gluten, Wheat
	Homemade vegetable pizza	Cereal, Gluten, Wheat, Milk
	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