Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Beef chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Melon	
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Tuesday	Moroccan fish stew	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Apple	
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Wednesday	Vegetable and lentil stew with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Chocolate and pear cake	Cereal, Gluten, Wheat, Eggs
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Thursday	Roasted butternut squash pasta	Cereal, Gluten, Wheat
	Fruit salad	
	Buttered crumpets	Cereal, Gluten, Wheat
	Banana	Milk
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Friday	Peppered beef noodles	Cereal, Gluten, Wheat
	Fresh fruit	
	Homemade olive bread	Cereal, Gluten, Wheat
	Cranberry Flapjack	Cereal, Gluten, Wheat
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*** 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