Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Italian chicken pasta bake	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Cheese and chive bread	Cereal, Gluten, Wheat, Milk
	Birthday cake	Cereal, Gluten, Wheat, Eggs
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Tuesday	Cod and black bean curry	Cereal, Gluten, Wheat, Fish
	Fruit salad	
	Buttered crumpets	Cereal, Gluten, Wheat
	Melon	
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Wednesday	Lasagne	Cereal, Gluten, Wheat, Milk
	Fresh fruit	
	Cheesy garlic focaccia bread	Cereal, Gluten, Wheat, Milk
	Apple and dried fruit	
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Thursday	Butternut squash, apricot and cous cous tagine	Cereal, Gluten, Wheat
	Chocolate brownies	Cereal, Gluten, Wheat, Eggs, Milk
	Tuna and cheese pizza	Cereal, Gluten, Wheat, Milk, Fish
	Fruit salad	
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Friday	Spicy chickpea noodles	Cereal, Gluten, Wheat
	Bakewell tart	Cereal, Gluten, Wheat, Eggs
	Toasted fruit bread	Cereal, Gluten, Wheat
	A selection of fresh fruit	
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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