Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Fruit cocktail	
	Cheese and crackers	Cereal, Gluten, Wheat, Milk
	Carrot cake	Cereal, Gluten, Wheat, Eggs
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Tuesday	5 bean chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Buttered crumpets	Cereal, Gluten, Wheat
	Apple	
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Wednesday	Chicken and lentil stew with cous cous	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Fruit salad	
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Thursday	Christmas dinner	Cereal, Gluten, Wheat
	Fruit cocktail	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Santa cupcakes	Cereal, Gluten, Wheat, Eggs
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Friday	Beef stew and herby dumplings	Cereal, Gluten, Wheat
	Birthday cake	Cereal, Gluten, Wheat, Eggs
	Pittas and homemade dips	Cereal, Gluten, Wheat, Milk
	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