Bright Sparks Private Day Nursery Limited

Day	Meal	Allergen
Monday	5 bean chilli and rice	Cereal, Gluten, Wheat
	Fresh fruit	
	Cheese and tomato swirls	Cereal, Gluten, Wheat, Milk
	Ginger and apple cake	Cereal, Gluten, Wheat, Eggs
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Tuesday	Roasted butternut squash pasta bake	Cereal, Gluten, Wheat
	Fruit salad	
	Homemade malt loaf	Cereal, Gluten, Wheat
	Fresh sliced apple	
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Wednesday	Chicken and lentil stew with cous cous	Cereal, Gluten, Wheat
	Yoghurt	Milk
	Sardine sandwiches	Cereal, Gluten, Wheat, Fish
	Fruit cocktail	
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Thursday	Fish risotto	Cereal, Gluten, Wheat, Fish
	Fresh fruit	
	Soft cheese sandwiches	Cereal, Gluten, Wheat, Milk
	Cranberry flapjack	Cereal, Gluten, Wheat
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Friday	Spinach and chickpea curry	
	Fruit salad	
	Buttered crumpets	Cereal, Gluten, Wheat
	Banana	
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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