# Bright Sparks Private Day Nursery Limited

| Day | Meal | Allergen |
|---|---|---|
| **Monday** | Salmon and broccoli pasta bake | Cereal, Gluten, Wheat, Fish |
| | Fresh fruit | |
| | Cheesy garlic bread | Cereal, Gluten, Wheat, Milk |
| | Veggie sticks | |
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| **Tuesday** | 5 bean chilli and rice | |
| | Fresh fruit | |
| | Homemade malt loaf | Cereal, Gluten, Wheat |
| | Birthday cake | Cereal, Gluten, Wheat, Eggs |
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| **Wednesday** | Beef and bean curry and rice | |
| | Yoghurt | Milk |
| | Tuna sandwiches | Cereal, Gluten, Wheat, Fish |
| | Banana | |
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| **Thursday** | Lasagne | Cereal, Gluten, Wheat, Milk |
| | Birthday cake | Cereal, Gluten, Wheat, Eggs |
| | Toasted pittas and homemade dips | Cereal, Gluten, Wheat, Milk |
| | Fruit salad | Milk |
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| **Friday** | Chicken and lentil stew with cous cous | Cereal, Gluten, Wheat |
| | Fresh fruit | |
| | Soft cheese sandwiches | Cereal, Gluten, Wheat, Milk |
| | 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