

Coin Street Nursery Winter Menu Week 2

Created by Chef Simon

(ALLERGENS LISTED IN RED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack @ 10am	Satsumas	Apples	Bananas	Apples	Satsumas
Lunch main @ 11.45am	Cheesy Tomato and Veg Pasta Bake (V) MILK, GLUTEN (Wheat) Alternative Menu: Dairy Free/Tomato Free Pasta Bake (Ve) GLUTEN (Wheat)	Taster Tuesdays (M) GLUTEN (Wheat, Oats), EGG, MILK (Taster Tuesday lunch menu will be for trying out new recipes, to expand the existing recipe range).	Fish Pie with Parsley Sauce (F) FISH, MILK Alternative Menu: Fish Pie with Parsley Sauce (F) with Oat Milk FISH	Cheesy Roast Chicken Fajitas (M) Cheesy Roast Vegetable Fajitas (V) GLUTEN (Wheat), MILK Alternative Menu: Fajitas made with non-allergen alternative cheese GLUTEN (Wheat)	Vegetarian Tagine with Roasted Cauliflower & Chickpeas
Sides	Peas and Sweetcorn	Selection of Vegetables	Peas	Mixed Salad	Couscous GLUTEN (Wheat)
Pudding	Fruit Salad	Greek Yoghurt with Honey (not under 1 year) (V) MILK Alternative Menu: Oat Yoghurt (Ve) (not under 1 year)	Fruit Salad	Cake of the Week (Cake of the week will be for trying out new healthy dessert recipes, to add to our Coin Street recipe range). EGGS, GLUTEN (Wheat, Oats)	Greek Yoghurt (not under 1 year) (V) MILK Alternative Menu: Oat Yoghurt (Ve) (not under 1 year)
Tea @ 3.30pm	Egg Fried Rice EGG	Scrambled Egg and Homemade Bloomer Bread (V) GLUTEN (Wheat), EGG	Noodle and Vegetable Stir-Fry (V) EGG, GLUTEN (Wheat)	Lentil Dhal Served with Paratha (V) GLUTEN (Wheat)	Hidden Vegetable Pitta Pizza (V) GLUTEN (Wheat), MILK Served with Mixed Salad

Children with severe allergies will be served an alternative menu and have their food individually plated by the chef, covered, and labelled with their name and dietary needs

Wherever possible, all food is homemade on site from local British ingredients