**Coin Street Nursery Autumn Menu Week 2**

**(ALLERGENS LISTED IN RED - Wherever possible, all food is homemade on site from local British ingredients.**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Snack** **@ 10am** | Selection of Fruit & Vegetables | Selection of Fruit & Vegetables | Selection of Fruit & Vegetables | Selection of Fruit & Vegetables | Selection of Fruit & Vegetables |
| **Lunch main@ 11.30am** | Mushroom & Leek Risotto with Parmesan**(Vegetarian)****MILK****Alternative Menu:**Mushroom & Leek Risotto **(Vegan)** | Chicken Enchiladas**GLUTEN (Wheat), MILK****Alternative Menu:**Black Bean & Vegetable Enchiladas **(Vegan)****GLUTEN (Wheat)** | Lentil Wellington **(Vegan)****GLUTEN (Wheat)**  | Beef Chilli Con Carne**Alternative Menu:**Mixed Bean Chilli Con Carne **(Vegan)** | Herby Baked Fish**FISH****Alternative Menu:**Herby Baked Butter Beans**(Vegan)** |
| **Sides** | Green Salad | Couscous Salad**GLUTEN** | Roast PotatoesMixed Vegetables | Basmati Rice Peas & Sweetcorn  | Pasta **GLUTEN (Wheat)**Mixed Salad |
| **Pudding** | Fruit Salad | Homemade fruit flapjack | Fruit Salad | Vanilla Yoghurt **MILK****Alternative Menu:**Oat Yoghurt **(Vegan)** | Melon Medley |
| **Tea @ 3.30pm**  | Cheesy Sweet Potato Wedges with Cherry Tomatoes & Cucumber **(Vegetarian)****GLUTEN (Wheat), MILK****Alternative Menu:**Sweet Potato Wedges with Cherry Tomatoes & Cucumber **(Vegan)****GLUTEN (Wheat)** | Egg noodles stir fry with vegetables.**GLUTEN (Wheat), EGG, SOYA****Alternative Menu:**Rice noodles stir fry with vegetables**(Vegan)** | Butternut Squash Soup with Wholemeal Bread **(Vegan)****GLUTEN (Wheat)****:** | Mixed Pepper Quiche**(Vegetarian)****GLUTEN (Wheat), MILK, EGG****Alternative Menu:**Pepper parcels **(VEGAN)****GLUTEN (Wheat),** | Vegetable Soup with Bread **(Vegan)****GLUTEN (Wheat)** |