**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 Potatoes  Mixed 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)** |