**Coin Street Nursery Spring Menu Week 3**

**(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** | Vegetable & Lentil Curry**(Vegan)** | Moroccan Chicken & Sweet Potato Stew**Alternative Menu:**Bean & Sweet Potato Stew **(Vegan)** | Egg fried noodles with beans and mix veg Boiled Egg Salad**EGG, SOYA (no soya option available)**Rice noodles with beans and mix vegTofu Salad**SOYA (Vegan)** | Beef Cottage PieMILK**Alternative Menu:**Lentil Cottage Pie **(Vegan)** | Fish PaellaFISH**Alternative Menu:**Bean Paella **(Vegan)** |
| **Sides** | Basmati Rice Peas & Sweetcorn | Cous Cous with fresh herbs & vegetables**GLUTEN (Wheat)** | Green Salad | Broccoli | Carrot Salad |
| **Pudding** | Melon Slices | Greek Yoghurt (V) with Mango & Banana (no honey under 1 year) MILK**Alternative Menu:**Oat Milk Yoghurt Mango & Banana **(Vegan)**(no honey under 1 year) | Fruit Salad | Vanilla lemon cheesecake**GLUTEN (Wheat), MILK****Alternative Menu:**Oat Yoghurt Crumble **(Vegan)**  **GLUTEN (Wheat** | Fruit salad |
| **Tea @ 3.30pm**  | Cheesy Baked Baby PotatoesMILKBaked Baby Potatoes with Vegetables**(Vegan)** | Sweet potato Beans & cheese Quesadilla**(Vegan)****GLUTEN (Wheat), MILK**Sweet potato Beans Quesadilla**(Vegan)****GLUTEN (Wheat)** | Homemade cheesy scones and Salad **(Vegetarian)****GLUTEN (Wheat), MILK****Alternative Menu:**Sweetcorn Scone **(Vegan)****GLUTEN (Wheat)** | Scrambled Egg & Wholemeal Bread and salad**EGG, GLUTEN (Wheat)**Scrambled Tofu & Wholemeal Bread and salad**(Vegan)****TOFU, GLUTEN (Wheat)** | Lentil Soup with Bread **(Vegan)****GLUTEN (Wheat)** |