**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 veg  Tofu Salad  **SOYA (Vegan)** | Beef Cottage Pie  MILK  **Alternative Menu:**  Lentil Cottage Pie **(Vegan)** | Fish Paella  FISH  **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 Potatoes  MILK  Baked 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)** |