**Coin Street Nursery Spring Menu Week 4**

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Snack**  **@ 10am** | Selection of Fruit & Vegetables | Selection of Fruit & Vegetables | Selection of Fruit & Vegetable | Selection of Fruit & Vegetable | Selection of Fruit & Vegetable |
| **Lunch main @ 11.30am** | Vegetable and Mixed bean Tagine  **(Vegan)** | Beef Bolognaise  **Alternative Menu:**  Mixed Bean & Bolognaise **(Vegan)** | Herby roast Fish  **FISH**  **Alternative Menu:**  Herby Roast Tofu  **(Vegan) SOYA** | Chicken Curry  **Alternative Menu:**  Lentil Curry **(Vegan)** | Children’s Choice  Each room will be given the chance to choose their favourite meal. A suitable Vegan / allergen free option will be provided. |
| **Sides** | Cous Cous with fresh herbs & vegetables  **GLUTEN (Wheat)** | Spaghetti  **GLUTEN (Wheat)** | Potato Wedges  Green Salad | Peas and Sweetcorn |  |
| **Pudding** | Fruit Salad | Chocolate Banana Cake  **GLUTEN (Wheat), EGG**  **Alternative Menu:**  Fruit Flapjack **(Vegan)** | Fruit Salad | Dried Fruit Compote  **(Vegan)** | Fruit salad |
| **Tea  @ 3.30pm** | Scrambled egg with wholemeal bread and salad  **GLUTEN (Wheat), EGG**  **Alternative Menu:**  Scrambled Tofu with wholemeal bread and salad  **(Vegan)**  **GLUTEN (Wheat)** | Homemade courgette carrot and cheese muffin **(Vegetarian)**  **GLUTEN (Wheat), MILK**  **Alternative Menu:**  Courgette and carrot muffin **(Vegan)**  **GLUTEN (Wheat)** | Homemade Pizza and Salad  **(Vegetarian)**  **GLUTEN (Wheat), MILK**  **Alternative Menu:**  Homemade Vegetable Pizza and Salad  **GLUTEN (Wheat) (Vegan)** | Boiled egg with wholemeal toast  **GLUTEN (Wheat), EGG**  **Alternative Menu:**  Scrambled Tofu with wholemeal bread  **(Vegan)**  **GLUTEN (Wheat), SOYA** | Roast Vegetable Soup with Wholemeal Bread  **(Vegan)**  **GLUTEN (Wheat)** |