**Coin Street Nursery Spring Menu Week 4**

**(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 & 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 ChoiceEach 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 WedgesGreen 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)** |