

Coin Street Nursery Autumn Menu Week 1

Created by Chef Simon



(ALLERGENS LISTED IN RED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack @ 10am	Satsumas	Apples	Bananas (Satsumas for allergy)	Apples	Satsumas
Lunch main @ 11.45am	Classic Mac 'n' Cheese (V) or MILK, GLUTEN (Wheat) Dairy Free Version Made with Oat Milk (Ve) GLUTEN (Wheat)	Coconut & Chicken Curry (M) Coconut & Chickpea Curry (Ve) Alternative Menu: Tomato, Butterbean and Vegetable Curry (Ve)	Homemade Fish Fingers GLUTEN (Wheat), FISH, EGG	Moroccan Chicken (M) Moroccan Sweet Potato & Chickpea Stew (Ve) Alternative Menu: Sweet Potato and Kidney Bean Stew (Ve)	Lentil Hotpot
Sides	Roasted Sweetcorn	Rice with Peas	Rustic Fries and Salad	Couscous Salad GLUTEN (Wheat)	Mixed Vegetables
Pudding	Fruit Salad	Greek Yoghurt (V) with Honey (not under 1 year) MILK Alternative Menu: Oat Milk Yoghurt (Ve) (not under 1 year)	Fruit Salad	Carrot Cake GLUTEN (Wheat), EGG	Greek Yoghurt (V) with Honey (not under 1 year) MILK Oat Milk Yoghurt (Ve) (not under 1 year)
Tea @ 3.30pm	Butternut Squash and Carrot Soup Served with Bloomer Bread (Ve) GLUTEN (Wheat)	Stir Fried Noodles with Garlic and Ginger(V) GLUTEN (Wheat), EGG	Freshly Made Basil Pesto with Spaghetti (V) MILK	Scrambled Egg and Bloomer Bread (V) EGG, GLUTEN (Wheat)	Pitta Pizza (V) GLUTEN (Wheat), MILK Alternative Menu: Pitta Pizza with non-allergen Alternative cheese (Ve) GLUTEN (Wheat) Served with Mixed Salad

Children with severe allergies will be served an alternative menu and have their food individually plated by the chef, covered, and labelled with their name and dietary needs.

Wherever possible, all food is homemade on site from local British ingredients