

Coin Street Nursery Autumn Menu Week 2

Created by Chef Simon



(ALLERGENS LISTED IN RED)

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack @ 10am	Satsumas	Apples	Bananas	Apples	Satsumas
Lunch main @ 11.45am	Cheesy Tomato and Veg Pasta Bake (V) MILK, GLUTEN (Wheat) Alternative Menu: Dairy Free Pasta Bake (Ve) GLUTEN (Wheat)	Vegetable Rich Bolognese Sauce with beef (M) Or Quorn Alternative (V)	Fish Pie with Parsley Sauce (F) FISH, MILK Alternative Menu: Fish Pie with Parsley Sauce (F) with Oat Milk	Cheesy Roast Chicken Fajitas (M) Cheesy Roast Vegetable Fajitas (V) GLUTEN (Wheat), MILK Alternative Menu: Fajitas made with non-allergen alternative cheese GLUTEN (Wheat)	Vegetable Rich Quorn Chilli Con Carne with Rice (V) EGG
Sides	Peas and Sweetcorn	Spaghetti GLUTEN (Wheat)	Peas	Mixed Salad	Mixed Salad
Pudding	Fruit Salad	Greek Yoghurt with Honey (not under 1 year) (V) MILK Alternative Menu: Oat Yoghurt (Ve) (not under 1 year)	Fruit Salad	Pineapple Upside Down Cake EGGS, GLUTEN (Wheat, Oats)	Greek Yoghurt (not under 1 year) (V) MILK Alternative Menu: Oat Yoghurt (Ve) (not under 1 year)
Tea @ 3.30pm	Lentil Hot Pot	Scrambled Egg and Homemade Bloomer Bread (V) GLUTEN (Wheat), EGG,	Noodle and Vegetable Stir-Fry (V) EGG, GLUTEN (Wheat),	Lentil Dhal Served with Paratha (V) GLUTEN (Wheat)	Pitta Pizza (V) or Dairy Free Alternative (Ve) with Mixed Salad MILK, GLUTEN (Wheat)

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