



Busikids Menu Week 1



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	<p>Hummus/ guacamole/salsa and crisp bakes Milk Milk, sulphur/sulphites, sesame, salsa: may contain nuts, Wheat, Egg</p>	<p>Wholemeal spaghetti with meatballs and courgettes in a tomato sauce Wheat</p>	<p>Wholemeal spaghetti with vegetarian meatballs and courgettes in a tomato sauce Wheat, barley, eggs</p>	<p>Dried fruit and natural yoghurt Milk</p>	<p>Plain biscuit and milk Milk, Wheat, Barley</p>	<p>Cheese on toast Fruit Milk, Wheat</p>
Tuesday	<p>Breadstick and fresh fruit Milk Wheat, Milk, Barley</p>	<p>Home made Fish fingers, mashed potatoes, peas and sweet corn Fish, Wheat</p>	<p>Vegetable fingers, mashed potatoes, peas and sweet corn Wheat</p>	<p>Eve's (apple) pudding with custard Wheat, Egg, Milk</p>	<p>Plain biscuit and milk Milk, Wheat, Barley</p>	<p>Chicken with diced tomato and cucumber stuffed pitta Fruit Wheat</p>
Wednesday	<p>Carrot and cucumber sticks with savoury biscuits Milk Milk, may contain nuts and sesame</p>	<p>Moroccan Chicken casserole (Tagine) with rice and carrots</p>	<p>Moroccan Quorn casserole (Tagine) with rice and carrots Egg</p>	<p>Plum yoghurt cake with cream Milk, Wheat, Egg</p>	<p>Plain biscuit and milk Milk, Wheat, Barley</p>	<p>Home made beef burger in a roll with pureed tomato and lettuce Fruit Wheat, Egg</p>
Thursday	<p>Oatcakes with cherry tomatoes, peppers and celery Milk Milk, celery, Oats</p>	<p>Roast turkey/chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya</p>	<p>Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya</p>	<p>Stewed fruit and ice cream Milk</p>	<p>Plain biscuit and milk Milk, Wheat, Barley</p>	<p>Baked beans on toast Fruit Wheat</p>
Friday	<p>Carrot and cucumber sticks with savoury biscuit Milk Milk, may contain nuts and sesame</p>	<p>Leek, ham, and cheese macaroni bake with garlic bread and cucumber Milk, Wheat</p>	<p>Leek, quorn ham and cheese macaroni bake with garlic bread and cucumber Milk, Wheat, Egg</p>	<p>Home made banana bread Milk, Egg, Wheat</p>	<p>Plain biscuit and milk Milk, Wheat, Barley</p>	<p>Sandwiches with a variety of fillings Fruit Wheat, Celery, Barley, Milk</p>

Key to colours: Green = Fruit and vegetables Orange = Meat and Meat Substitutes Blue = Dairy Brown = Pasta, Potato, Pulses etc



Busikids Menu Week 2



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Breadstick and fresh fruit Milk Wheat, Milk, Barley	Roast turkey/chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya	Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya	Bananas and custard Milk	Plain biscuit and milk Milk, Wheat, Barley	Marmite/cheese pastry wheels with salad sticks Fruit Wheat, Barley, Celery, Milk
Tuesday	Oatcakes with cherry tomatoes, peppers and celery Milk Milk, celery, Oats	Sausages with tomato pasta and broccoli Wheat, Sulphur/sulphites	Quorn Sausages with tomato pasta and broccoli Barley, Wheat, Eggs	Mixed fruit flan Wheat, Eggs	Plain biscuit and milk Milk, Wheat, Barley	Crumpets with honey, jam or marmite fruit Wheat, Barley, Celery
Wednesday	Savoury biscuits with cucumber and cheese cubes Milk Milk, may contain nuts and sesame	Beef curry, green beans, rice and naan bread Celery/celeriac, Wheat	Quorn curry, green beans, rice and naan bread Wheat	Bread and butter pudding Milk, Wheat	Plain biscuit and milk Milk, Wheat, Barley	Home made sausage roll with grated carrot and sultana salad Fruit Wheat, sulphur /sulphites
Thursday	Hummus/ guacamole/salsa and crisp bakes Milk Milk, sulphur/sulphites, sesame, salsa: may contain nuts, Wheat, Egg	Baked white fish, broccoli and mash with a herb and tomato sauce (optional) Fish	Mixed beans, broccoli and mash with a herb and tomato sauce (optional)	Carrot cake Milk, Egg, Wheat	Plain biscuit and milk Milk, Wheat, Barley	Seeded bread rolls with a variety of fillings Fruit Wheat, Milk, Celery, Barley
Friday	Breadstick and fresh fruit Milk Wheat, Milk, Barley	Home made chicken nuggets, noodles and stir fry vegetables in a sweet chilli sauce Wheat, Eggs, sesame	Quorn nuggets, noodles and stir fry vegetables in a sweet chilli sauce Milk, Wheat, Eggs, Sesame	Pear and raspberries and frozen yoghurt Milk	Plain biscuit and milk Milk, Wheat, Barley	Falafel and baked beans Fruit Wheat

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Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Savoury biscuits with cucumber and cheese cubes Milk Milk, may contain nuts and sesame	Fish plait with cauliflower and peas Fish, Wheat	Quorn and vegetable pie with cauliflower and peas Eggs, Milk, Wheat	Fruit muffin Milk, Eggs, Wheat	Plain biscuit and milk Milk, Wheat, Barley	Beans on toast Fruit Wheat
Tuesday	Breadstick and fresh fruit Milk Wheat, Milk, Barley	Thai green chicken curry with asparagus and rice Celery/Celeryiac	Thai green Quorn curry with asparagus and rice Celery/celeryiac, Egg	Upside down pineapple pudding Wheat, Egg	Plain biscuit and milk Milk, Wheat, Barley	Potato waffles, Crumbed ham and peas Fruit
Wednesday	Breadstick and fresh fruit Milk Wheat, Milk, Barley	Roast turkey/chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya	Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya	Rice pudding and peaches Milk	Plain biscuit and milk Milk, Wheat, Barley	Bagels with tuna and sweet corn/cheese and cucumber/ham and tomato Fruit Wheat, Soya, Fish, Milk
Thursday	Oatcakes with cherry tomatoes, peppers and celery Milk Milk, celery, Oats	Mexican bean burger with sweet corn, lettuce and tortilla chips	Mexican bean burger with sweet corn, lettuce and tortilla chips	Sugar free jelly and fruit	Plain biscuit and milk Milk, Wheat, Barley	Toasted teacakes and salad sticks Fruit Wheat, Soya
Friday	Hummus/guacamole/salsa and crisp bakes Milk Milk, sulphur/sulphites, sesame,	Home made fishcakes and chips with spaghetti hoops and sweet corn Fish, wheat	Mushroom crisp bakes and chips with spaghetti hoops and sweet corn Wheat, Milk	Fruit cookie Wheat, Egg	Plain biscuit and milk Milk, Wheat, Barley	Home made pizza muffins Fruit Wheat, Milk, soya

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