



Busikids Menu Week 1





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

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

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Busikids Menu Week 3





	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Savoury biscuits with cucumber and	Fish plait with cauliflower and	Quorn and vegetable pie with	Fruit muffin Milk, Eggs, Wheat	Plain biscuit and milk	Beans on toast Fruit
	cheese cubes Milk Milk, may contain nuts and sesame	peas Fish, Wheat	cauliflower and peas Eggs, Milk, Wheat		Milk, Wheat, Barley	Wheat
Tuesday	Breadstick and fresh fruit Milk Wheat, Milk, Barley	Thai green chicken curry with asparagus and rice Celery/Celeriac	Thai green Quorn curry with asparagus and rice Celery/celeriac, 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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