



Busikids Menu Week 1



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Fruit loaf and apple Milk Egg, Milk, soya Wheat	Eastern chicken pan-fry and cauliflower with crusty bread Wheat	Eastern tofu pan-fry and cauliflower with crusty bread Wheat, Soya	Yoghurt pot muffin Egg, wheat, milk	Plain biscuit and milk Milk, Wheat, Barley	Sandwiches with a variety of fillings Fruit Wheat, Celery, Barley, Milk
Tuesday	Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery	Home made Fish pie, peas and sweetcorn Fish, Milk	Home made vegetable/lentil pie, peas and sweetcorn Milk	Apple crumble with custard Wheat, Soya, Milk	Plain biscuit and milk Milk, Wheat, Barley	Butterfly Indian chicken with nan and grated carrot and raita dip Fruit Wheat, Milk, Egg
Wednesday	Pepper, cherry tomato and cucumber with cheese and chive/onion and garlic dip Milk Milk, egg	Beef hotpot with gnocchi dumplings and grated cheese served with green vegetables Milk, sulphur dioxide/sulphites, celery	Quorn hotpot with gnocchi dumplings and grated cheese served with green vegetables Milk, sulphur dioxide/sulphites, egg, celery	Apple and cranberry oat biscuit Milk, wheat	Plain biscuit and milk Milk, Wheat, Barley	Hearty red chicken soup and corn tortilla Fruit Wheat
Thursday	Fruit loaf and apple Milk Egg, Milk, soya Wheat	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	Natural yoghurt and Berries Milk	Plain biscuit and milk Milk, Wheat, Barley	Cheese on beans on toast Fruit Milk, Wheat
Friday	Crackers with soft cheese and cucumber Milk Milk, wheat	Chicken, leek and sweetcorn whole meal pasta with Garlic bread Milk, Wheat,	Mushroom, leek and sweetcorn whole meal pasta with Garlic bread Milk, Wheat	Fruit sponge and cream Milk, wheat	Plain biscuit and milk Milk, Wheat, Barley	Crunchy fish sticks in pitta with lettuce and tomato relish Fruit Wheat, fish

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	Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery	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	Fruit pie and custard Milk, egg, wheat	Plain biscuit and milk Milk, Wheat, Barley	Tomato, bean and herb pasta bake Fruit Wheat
Tuesday	Pepper, cherry tomato and cucumber with cheese and chive/onion and garlic dip Milk Milk, egg	Meatballs with gravy broccoli , carrots and mashed potatoes Celery, barley, wheat, soya, egg	Meatballs with gravy broccoli , carrots and mashed potatoes Celery, barley, wheat, soya, egg	Strawberry flavoured frozen yoghurt Milk	Plain biscuit and milk Milk, Wheat, Barley	Home made scones with cheese cubes and carrot sticks Fruit Wheat, Milk
Wednesday	Crackers with soft cheese and cucumber Milk Milk, wheat	Carnival curry (chicken) green beans with sunshine rice and side pappadums	Carnival curry (quorn) green beans with sunshine rice and side pappadums Egg	Home made shortbread with apple and blackberries Wheat	Plain biscuit and milk Milk, Wheat, Barley	Cauliflower cheese fingers on toast Fruit Wheat, egg, milk
Thursday	Fruit loaf and apple Milk Egg, Milk, soya Wheat	Fish with cheesy herb sauce -optional- boiled potatoes and vegetables Milk, fish	Spinach and ricotta cannelloni and vegetables Milk, wheat, egg	Banana split Milk	Plain biscuit and milk Milk, Wheat, Barley	Sandwiches with a variety of fillings Fruit Wheat, Celery, Barley, Milk
Friday	Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery	Spaghetti bolognaise with garlic bread Wheat	Quorn bolognaise with garlic bread Wheat, egg	Crushed raspberry creams Milk, egg	Plain biscuit and milk Milk, Wheat, Barley	Risotto rice with chicken in a tomato and mascarpone sauce Fruit Milk

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Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Crackers with soft cheese and cucumber Milk Milk, wheat	Fish nuggets with potato cubes and peas Fish, Wheat	Quorn nuggets with potato cubes and peas Egg	Mango Upside down cake Milk, wheat	Plain biscuit and milk Milk, Wheat, Barley	French stick with cheese, chicken or ham Fruit Wheat, Milk
Tuesday	Fruit loaf and apple Milk Egg, Milk, soya Wheat	Home made chicken Leek, ham pie with potatoes and vegetables Milk, Wheat	Home made quorn leek, ham pie with potatoes and vegetables Milk, Wheat egg	Apricot flapjack Wheat, Oats	Plain biscuit and milk Milk, Wheat, Barley	Mushroom and sausage pasta Fruit Wheat
Wednesday	Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery	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	Gingerbread men wheat	Plain biscuit and milk Milk, Wheat, Barley	Cheese and ham muffin toasties with cherry tomatoes Fruit Wheat, soya
Thursday	Crackers with soft cheese and cucumber Milk Milk, Wheat	Beef lasagne with garlic bread and side salad Wheat, egg, milk	Quorn lasagne with garlic bread and side salad Wheat, egg, milk	Spotted dick with custard Wheat, milk, egg	Plain biscuit and milk Milk, Wheat, Barley	Cheesy peasy rice with ham Fruit Wheat, Milk
Friday	Pepper, cherry tomato and cucumber with cheese and chive/onion and garlic dip Milk Milk Egg	Chilli con carne with brown rice	Quorn chilli con carne with brown rice	NAS butterscotch angel delight with bananas	Plain biscuit and milk Milk, Wheat, Barley	Sandwiches with a variety of fillings Fruit Wheat, Celery, Barley, Milk

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