



Busikids Menu Week 1



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Toasted Muffin with spread, and carrot sticks Milk Wheat, Milk	Home made Chicken Pie in Gravy with boiled potatoes, mashed carrots/swede and broccoli Celery, Barley, Wheat, Soya	Home made Quorn Pie in Gravy with boiled potatoes, mashed carrots/swede and broccoli Celery, Barley, Wheat, Soya	Eve's Pudding and Cream Egg, Milk, Wheat	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Spaghetti hoops and fish fingers Fruit selection Fish, Wheat
Tuesday	Toast with spread, and fresh tomatoes Milk Wheat, Milk	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	Frozen strawberry yoghurt Milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Sausage and Peas Pasta Bake Fruit Selection Petits Filous Yogurt Milk, Wheat, Milk
Wednesday	Bagel ¼ with Spread and sliced Plum Milk Wheat, Milk, Soya	Fish Pie with cauliflower and Runner Beans Fish, Milk	Mushroom Pie with Mixed Vegetables Celery/celeriac, milk	Apple and Cinammon crumble with custard Wheat, Milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Vegetable soup and bread roll Fruit Celery, Barley, Wheat, Soya
Thursday	Crumpet with spread and Grapes Milk Milk, Wheat	Meatballs with Wholemeal Spaghetti, Peas and carrots Wheat	Quorn Meatballs with Wholemeal Spaghetti, Peas and carrots Barley, Eggs, Wheat	Orange Jelly	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Sandwiches with a variety of fillings Fruit Milk, Barley, Wheat, Oats & Rye
Friday	Crackers with spread and sliced Grapes Milk Milk, wheat	Chicken Korma and White Rice with Naan Milk, Wheat	Chickpea Korma and White Rice with Naan Milk, Wheat	Rice pudding and apricots Milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Potato Waffles, baked beans and chicken nuggets Petits Filous Yoghurt Milk, Soya, Wheat

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	Bagel ¼ with Spread and sliced Plum Milk Wheat, Milk, Soya	Chilli Con Carne with Brown Rice Celery/celериac	Quorn Mince Chilli with Rice Celery/celериac, egg	ice cream and bananas milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Macaroni cheese with Peas Fruit Milk, Wheat
Tuesday	Oatcakes with Carrot Sticks and cherry tomatoes Milk, Milk oats	Fish parcels in puff pastry, mashed potatoes and peas and kale	Tofu parcels, mashed potatoes and peas and kale	Peach cobbler with ice cream Wheat, Milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Tomato and Mozzarella Tartlet and vegetable chips Fruit Wheat, Milk
Wednesday	Crackers with spread and sliced Grapes Milk Milk, 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	Mixed fruit sponge & cream Milk, Egg, Wheat	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Fishcakes and baked beans Petits Filous Yoghurt Milk, Fish, Wheat, Mustard
Thursday	Wholemeal pitta fingers with mint raita and carrot sticks Milk Milk, wheat	Turkey and Leek pie with green beans and boiled potatoes Milk, Wheat, Celery/Celериac	Quorn and Leek pie with green beans and boiled potatoes Milk, Wheat, Celery/Celериac	Blackcurrant Jelly	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Sweetcorn, broccoli and chicken slices (sauce optional) fruit salad milk, sesame, soya,
Friday	Half Toasted teacake with sliced apple Milk Wheat, Milk, Barley	Creamy chicken and leek Pasta with broccoli Milk	Creamy quorn and leek pasta with broccoli Milk, egg	Onken cherry yoghurt Milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Hard boiled egg and ham rolls Fruit Egg, wheat, milk

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



Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Oatcake Houmous and Apple Milk Oats, milk, sesame	Tagliatelle carbonara, garlic bread Egg, milk, wheat	Wholemeal spaghetti carbonara with mushrooms, garlic bread Egg, milk, wheat	Apple and rhubarb crumble and custard Milk, Wheat	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Cheese Baked Beans and Jacket potatoes Petits Filous Yoghurt Milk
Tuesday	Plain yoghurt and banana slices Milk Wheat, Milk,	Spaghetti Bolognese with Red onion & cheese flatbread Wheat, Milk	Quorn Spaghetti Bolognese with Red onion & cheese flatbread Wheat, Milk	Carrot cake Wheat, egg	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Pitta pockets with boiled egg and cucumber and carrots salad Fruit Egg, wheat
Wednesday	Bagel ¼ with Spread and sliced Plum Milk Wheat, Milk, Soya	Chicken, Mango & Butternut curry with white rice, nan Celery/celeriac, soybeans	Tofu, Mango & Butternut curry with white rice, nan Celery/celeriac, soybeans	Spotted Dick and Custard Milk, wheat, egg	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Tomato and Mozzarella Tartlet and vegetable chips Fruit Wheat, Milk
Thursday	Crumpets with spread and Grapes Milk Milk, 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	ice cream and bananas milk	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Fishcakes and baked beans Petits Filous Yoghurt Milk, Fish, Wheat, Mustard
Friday	Crackers with cheese spread & apple Milk, Wheat Milk	Fish and vegetable layer pie served with boiled egg and asparagus/broccoli Fish, Egg, Milk	Mushroom and Tofu Vegetable pie with boiled egg, and asparagus, broccoli Soya, Milk, Egg	Fruity flapjack	Breadsticks and cucumber sticks milk Milk, Wheat, Barley, sesame	Sandwiches with a variety of fillings Fruit Milk, Barley, Wheat, Oats & Rye

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