



Busikids Menu Week 1



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Toasted bagel, Celery & cucumber Milk Sesame BarleyWheat Milk	Cottage Pie with mixed vegetables Barley Celery Soya Wheat	Quorn cottage pie with mixed vegetables Barley Celery Soya Wheat Egg	Stewed seasonal fruit and Plain yoghurt Milk	Crackers with spread and Apple Milk Wheat Milk	Baked beans on cheese on toast with Melon Medley Milk Wheat
Tuesday	Toasted muffin with spread and Clementine Milk Soya 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	Fudge Date Brownie Wheat Milk	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Minced Beef Tacos with Carrot,Cucumber & Beetroot Fruit Salad Celery barley soya
Wednesday	Oatcake, plum and banana Milk Oats Milk	Fish Pie with Sweet Potato topping French beans and mini corn Fish Milk	Mushroom Pie with Sweet Potato topping French beans and mini corn Milk	Pineapple upside cake with Cream Egg Wheat Milk	Crackers with spread and Apple Milk Wheat Milk	Wraps filled with Cheese/Ham & Salad Fromage Frais and Fruit Puree Milk Wheat
Thursday	Pitta strips, hummus/cheese&chive dip, cucumber Milk Milk Wheat	Turkey Chilli Con Carne with Brown rice Celery Milk Wheat	Quorn mince Chilli Con Carne with Brown Rice Celery Milk Wheat egg	Fruit Jelly	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Finger Sandwiches (Egg/Ham/Cheese)and Scones with spread/jam Plain Yoghurt & Sliced Grapes Wheat Milk Egg
Friday	Wholemeal toast with Spread & Carrot Milk Barley Wheat Soya Milk	Beef Lasagne with Broccoli and Side salad Celery/Celeriac Wheat Egg Milk	Quorn Lasagne with Broccoli and Side salad Celery/Celeriac Egg Wheat Milk	Pear Crumble and Custard Wheat Milk	Crackers with spread and Apple Milk Wheat Milk	Tuna Fishcakes, tomato relish and Peas Greek Yoghurt and Fruit Puree Milk 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	Oatcake, plum and banana Milk Oats 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	Pancake and Berries Wheat Milk Egg	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Salmon/Lentil & Broccoli Pasta with Sweetcorn Mixed Fruit Wheat Egg Fish
Tuesday	Toasted bagel, Celery & cucumber Milk Sesame BarleyWheat Milk	Pork & Apple Casserole with roasted new potatoes, broccoli and peas Barley Celery Soya Wheat	Quorn Casserole with roasted new potatoes, broccoli and peas Barley Celery Soya Wheat Egg Oats	Peach Slices and plain yogurt Milk	Crackers with spread and Apple Milk Wheat Milk	Lamb and mint koftas with tomato sauce and wholemeal pitta breads Mixed Fruit Wheat Egg
Wednesday	Wholemeal toast with Spread & Carrot Milk Barley Wheat Soya Milk	Chicken and Vegetable Pie with Smashed Potatoes, Spring greens and Sweetcorn Barley Celery Soya Wheat Milk	Cheese and Vegetable Pie with Smashed Potatoes, Spring greens and Sweetcorn Barley Celery Soya Wheat Milk	Summer Crumble and Custard Wheat Milk Soya	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Fish in tomato sauce with broccoli & Carrots Greek Yoghurt & Banana Milk Fish
Thursday	Toasted muffin with spread and Clementine Milk Soya Wheat Milk	Turkey Meatballs in a tomato sauce with spaghetti and garlic bread Wheat Milk	Quorn Meatballs in a tomato sauce with spaghetti and garlic bread Wheat Milk Egg Barley	Melon, Mango & Pineapple Fingers	Crackers with spread and Apple Milk Wheat Milk	Ploughmans platter: Bread,Cold Meats, Boiled Egg, Pickle, Cheese & Salad Greek Yoghurt & Fruit Puree Wheat Egg Milk Barley Sulphur/sulphites
Friday	Pitta strips, hummus/cheese&chive dip, cucumber Milk Milk Wheat	Carribbean Chicken with Rice and Nan Bread Milk	Lentil, potato and spinach curry with Rice and Nan Bread Celery Wheat	Fruit & Oatmeal Bar Oats	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Sandwiches with a variety of fillings (Egg/Ham/Cheese) Yogurt and Dried Apricots Milk, Barley, Wheat, Oats & Rye



Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Toasted muffin with spread and Clementine Milk Soya Wheat Milk	Cod Mornay with garlic bread and Cucumber sticks Celery/Celериac Milk Wheat Fish	Quorn & Mushroom in white sauce with garlic bread and Cucumber sticks Celery/Celериac Milk Wheat egg	Fruit flan with Cream Egg Milk Wheat	Crackers with spread and Apple Milk Wheat Milk	Sandwiches with a variety of fillings Petits filous yogurt Milk, Barley, Wheat, Oats & Rye
Tuesday	Wholemeal toast with Spread & Carrot Milk Barley Wheat Soya Milk	Thai Chicken Curry and Jasmine Rice Celery	Thai Tofu Curry and Jasmine Rice Soya Celery	Fruit Jelly	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Fish in tomato sauce with Carrots & potato chunks Plain yoghurt & Grapes Milk Fish
Wednesday	Toasted muffin with spread and Clementine Milk	Home Made Burger, Wedges and Salad Egg Wheat	Quorn Burger, Wedges and Salad Barley eggs wheat milk	Bananas and custard Soya Milk	Crackers with spread and Apple Milk Wheat Milk	Mixed vegetable Rice & Home made Chicken nuggets Greek Yoghurt & Fruit Puree Wheat Milk
Thursday	Oatcake, plum and banana Milk Oats 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	Pancake and Berries Wheat Milk Egg	Breadsticks/Rice cakes with slice of cheese and sliced cherry tomato Milk Sesame Barley Wheat Milk	Herby tomato & Bean Pasta & Cucumber Fruit Wheat Egg
Friday	Wholemeal toast with Spread & Carrot Milk Barley Wheat Soya Milk	Pork & cheese meatballs(hidden veg) Tomato sauce & egg noodles egg wheat milk	Quorn, (BBQ sauce optional), New Potatoes and Roasted vegetables Egg	Peach Slices and plain yogurt Milk	Crackers with spread and Apple Milk Wheat Milk	Fish fingers, spaghetti hoops and slice of bread Fruit Fish Wheat Egg

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