



Busikids Menu Week 1



| | AM Snack | Dinner | Vegetarian Option | Sweet | PM Snack | Tea |
|-----------|--|--|--|--|----------------------|---|
| Monday | Crackers with soft cheese and apple Milk Milk, wheat | Turkey Chilli Con Carne with Brown Rice Celery/celeriac | Quorn Mince Chilli with Rice Celery/celeriac, egg | Yoghurt pot muffin Egg, wheat, milk | Fruit & Milk Milk | Warm cheese Muffins with cucumber sticks & Tomato with Satsuma segments Milk Wheat |
| Tuesday | Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery | Swedish meatballs (beef) with dill and rice served with green vegetables sulphur dioxide/sulphites, celery | Swedish Quorn meatballs with dill and rice served with green vegetables sulphur dioxide/sulphites, celery egg | Apple & cinnamon crumble with custard Wheat, Soya, Milk | Fruit & Milk Milk | Savoury Snails (puff pastry swirls with a choice of fillings e.g. marmite/cheese) with baked beans & Black cherry Jelly milk wheat barley oats rye celery |
| Wednesday | Carrot and Cucumber sticks with savoury biscuit and Milk milk wheat | Chicken Casserole with Mashed potatoes and runner beans barley celery soya | Mixed bean casserole with mashed potatoes and runner beans barley celery soya | Upside down pineapple cake egg wheat | Fruit & Milk Milk | Carrot, and coriander soup and Bread roll and Natural yoghurt & fruit puree Wheat Milk |
| Thursday | 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 | Mushroom & leek pie, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Celery, Barley, Wheat, Soya | Apple and cranberry oat biscuit Milk, wheat | Fruit & Milk Milk | Crunchy chicken goujons, carrot fries & green beans with yoghurt dip and Flapjack milk wheat oats |
| Friday | Crackers with soft cheese and apple Milk Milk, wheat | Sausages Mashed Potatoes, Peas & Gravy (Baked Beans optional) Sulphites, barley celery soya wheat sulphur dioxide/sulphites | Quorn Sausages Mashed Potatoes, Peas & Gravy (Baked Beans optional) Eggs, barley celery soya wheat | Fruit sponge and cream Milk, wheat | Fruit & Milk Milk | Fish fingers in pitta with lettuce and cucumber sticks and Fruit Jelly 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 | <p>Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery</p> | <p>Sausage Plait Mashed Potatoes Green vegetables and gravy sulphur dioxide/sulphites Wheat Celery, Barley Soya</p> | <p>Quorn sausages Mashed potatoes Green vegetables Egg barley wheat</p> | <p>Pear crumble with custard Wheat, Milk</p> | <p>Fruit & Milk Milk</p> | <p>Tomato and basil pasta bake and Fruit & ice cream milk wheat</p> |
| Tuesday | <p>Crackers with soft cheese and cucumber Milk Milk, wheat</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>Eve's Pudding and Cream Egg, Milk, Wheat</p> | <p>Fruit & Milk Milk</p> | <p>Fishcakes and baked beans and crusty bread Natural yoghurt & fruit puree Fish, Wheat, Milk</p> |
| Wednesday | <p>Crackers with soft cheese and cucumber Milk Milk, wheat</p> | <p>Carnival curry (chicken) green beans with sunshine rice and side pappadums</p> | <p>Carnival curry (paneer) green beans with sunshine rice and side pappadums Egg Milk</p> | <p>Home Made Banana Bread Milk egg wheat</p> | <p>Fruit & Milk Milk</p> | <p>Pasties and Peas and gravy and Blackcurrant jelly Wheat barley celery soya</p> |
| Thursday | <p>Carrot and Cucumber sticks with savoury biscuit and Milk milk wheat</p> | <p>Turkey Cobbler served with a duo a vegetables Wheat Celery, Barley Soya</p> | <p>Mixed bean Cobbler casserole served with a duo of vegetables Celery, Barley Soya</p> | <p>Fruit pie and custard Milk, egg, wheat</p> | <p>Fruit & Milk Milk</p> | <p>Cheese on beans on toast and Raisins and Banana Milk, Wheat</p> |
| Friday | <p>Crumpet with spread and clementine segments Milk Milk, Wheat</p> | <p>Spaghetti bolognaise (beef) with garlic bread Wheat</p> | <p>Quorn bolognaise with garlic bread Wheat, egg</p> | <p>Hummingbird cake Wheat Egg Milk</p> | <p>Fruit & Milk Milk</p> | <p>Potato Waffle with Baked beans and chicken nuggets Raisin Cookie Wheat, Milk Egg</p> |

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Busikids Menu Week 3



| | AM Snack | Dinner | Vegetarian Option | Sweet | PM Snack | Tea |
|-----------|---|---|--|--|-------------------|--|
| Monday | Carrot and Cucumber sticks with savoury biscuit and Milk milk wheat | Chicken Hotpot topped with sliced potatoes and served with sweetcorn and runner beans barley celery soya | Quorn Hotpot topped with sliced potatoes and served with sweetcorn and runner beans barley celery soya egg | Plum Crumble Wheat | Fruit & Milk Milk | Cheese on Toast with Fruit Fairy Cake Wheat Milk |
| Tuesday | Crumpet with spread and clementine segments Milk Milk, Wheat | Greek Lamb & Macaroni Bake with Garlic bread Milk Wheat | Vegetable & Bean Lasagne & Garlic Bread Milk Wheat | Apple & Pear Cobbler with Cream Milk Wheat | Fruit & Milk Milk | Cheese Baked Beans and Jacket potatoes *Greek style yoghurt with honey & pineapple fingers Milk |
| Wednesday | Toast with spread and fresh fruit Milk Wheat, Milk, Barley, celery | Cottage Pie (beef) Cauliflower & Sweetcorn barley celery soya | Lentil & Mushroom Cottage Pie Cauliflower & Sweetcorn barley celery soya egg | Ginger Sponge & Custard Milk Egg Wheat | Fruit & Milk Milk | Homemade sausage rolls & spaghetti hoops Fromage Frais & Berries Wheat sulphur dioxide/sulphites |
| Thursday | Crackers with soft cheese and cucumber Milk Milk, Wheat | Thai Green Curry (Chicken) with Jasmine Rice | Thai Green Curry (Quorn) with Jasmine Rice | Spotted dick with custard Wheat, milk, egg | Fruit & Milk Milk | Fish fingers, baked beans and crusty bread Bananas & Custard Milk Fish Wheat |
| Friday | Carrot and Cucumber sticks with savoury biscuit and 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 | Gingerbread men and ice cream Wheat milk | Fruit & Milk Milk | Sausage Broccoli & Pasta Bake Natural yoghurt & fruit puree Milk sulphites/sulphur dioxides |

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*Only Pineapple fingers for Ducklings