



## Busikids Menu Week 1 Jan 24



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
<b>Monday</b>	<b>Toast &amp; Spread</b> <b>Milk</b> Wheat, Gluten, Soya, milk	<b>Vegetable curry,</b> <b>Rice, Naan</b> Wheat, Gluten	<b>Instant whip/ Oat</b> <b>Alternative</b> Milk	Milk milk	<b>Hash Browns,</b> <b>Baked beans,</b> <b>Cheese</b> (or Plant based alternative) & <b>cucumber slices</b> Milk	Fruit
<b>Tuesday</b>	<b>Breadsticks &amp; Raisins &amp; Milk</b> Wheat, gluten, milk	<b>Roast chicken,</b> <b>Roast potatoes,</b> <b>Vegetables &amp; free</b> from gravy <b>(Lentil Cutlet)</b> Wheat	<b>Whipped Greek yoghurt &amp; fruit</b> <b>compote</b> Oat Alternative milk	Milk milk	<b>Pitta Bread strips,</b> <b>Hummus, Grated</b> <b>Carrot and Spiced</b> <b>Sweet Potato Cubes</b> Wheat, Gluten, sesame	Fruit
<b>Wednesday</b>	<b>Crackers &amp; Cream</b> <b>Cheese &amp; Milk</b> Wheat, Gluten, Milk	<b>Turkey Chilli Con Carne, Rice, Cherry</b> <b>tomatoes &amp; cucumber</b> (Bean Chilli Alternative	<b>Fruit Crumble &amp; Custard</b> Wheat, oat, gluten, milk	Milk milk	<b>Pesto &amp; Vegetable</b> <b>Pastry Swirls,</b> <b>Spaghetti Hoops</b> Wheat, Gluten	Fruit
<b>Thursday</b>	<b>Breadsticks &amp; Apple &amp; Milk</b> Wheat, Gluten, Milk	<b>Sausages, Mashed potato, Green beans &amp; Gravy</b> (Plant based alternative) Wheat, gluten, Soya	<b>Orange Jelly &amp; Mandrin slices</b>	Milk milk	<b>Creamy Tomato Soup &amp; Homemade Focaccia</b> Wheat, Gluten, Oat, Celery	Fruit
<b>Friday</b>	<b>Oatcakes &amp; Cucumber &amp; Milk</b> Wheat, Gluten, Milk	<b>Fishcakes, Peas, Sauteed Potatoes</b> (Plant based alternative) Wheat, gluten, Fish	<b>Chocolate sponge pudding</b> (optional <b>Cream/ Oat</b> Alternative) Milk Wheat, Gluten, Oat	Milk milk	<b>Cheese and Ham Sandwiches,</b> <b>Lettuce, Cherry Tomatoes, Caesar dip</b> (Dairy Free Alt) Wheat, Gluten, Milk, Soya	Fruit

**Key:** Green = Fruit and vegetables    Yellow = Meat and Meat Substitutes    Blue = Dairy    Brown = Pasta, Potato, Pulses etc    ( ) Peng substitute



## Busikids Menu Week 2 Jan 24



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
<b>Monday</b>	<b>Toast &amp; Spread Milk</b> Wheat, Gluten, Soya, Milk	<b>Chicken Nuggets, Cheesy Mash &amp; Bake Beans</b> Soya, Oat, Wheat, Gluten	<b>Whipped Greek yoghurt &amp; fruit compote</b> Oat Alternative Milk	Milk Milk	<b>Toast, Spaghetti Hoops &amp; Scrambled Tofu</b> Soya, Wheat, Gluten	Fruit
<b>Tuesday</b>	<b>Breadsticks &amp; Raisins &amp; Milk</b> Wheat, gluten, milk	<b>Turkey Curry, Rice &amp; Naan</b> Wheat Gluten	<b>Fruit Crumble</b> (Optional Cream/ Oat Alternative) Wheat Oat Gluten Milk	Milk Milk	<b>Cheese &amp; Onion Puff Rolls, Baked beans</b> (Plant based alternative) Milk Wheat Gluten	Fruit
<b>Wednesday</b>	<b>Crackers &amp; Cream Cheese &amp; Milk</b> Wheat, Gluten, Milk	<b>Roast chicken, Roast potatoes, Vegetables &amp; free from gravy (Lentil Cutlet)</b> Wheat	Blackcurrant Jelly	Milk Milk	<b>Butternut squash soup, Homemade Focaccia</b> Wheat Celery Gluten	Fruit
<b>Thursday</b>	<b>Breadsticks &amp; Apple &amp; Milk</b> Wheat, Gluten, Milk	<b>Spaghetti Bolognese</b> (Plant based alternative) Wheat Celery Gluten Lentils	<b>Fruit Pastry Swirl &amp; Custard/ Oat</b> Alternative Milk Wheat Gluten	Milk Milk	<b>Crackers Cheese, Hummus, Veg Sticks</b> (Plant based alternative) Wheat Gluten Milk Sesame	Fruit
<b>Friday</b>	<b>Oatcakes &amp; Cucumber &amp; Milk</b> Wheat, Gluten, Milk	<b>Chicken, Leek &amp; Tarragon Waffle Pie &amp; Broccoli</b> (Mushroom Alternative) Mustard, Oat	<b>Instant whip/ Oat</b> Alternative Milk	Milk Milk	<b>Fish Fingers, Bread &amp; Spread, Cucumber, Seafood Sauce</b> Fish Wheat Gluten Soya	Fruit

**Key:** Green = Fruit and vegetables    Yellow = Meat and Meat Substitutes    Blue = Dairy    Brown = Pasta, Potato, Pulses etc ( ) Peng substitute



## Busikids Menu Week 3 Jan 24



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	<b>Toast &amp; Spread Milk</b> Wheat, Gluten, Soya, milk	<b>Sausages Pasta with hidden veg</b> (Plant based alternative) Wheat, Gluten, Soya,	<b>Peaches &amp; Ice Cream / Dairy Free Alternative</b>	<b>Milk milk</b>	<b>Crumpets, Ham, Vegetable sticks &amp; Garlic Dip</b> Wheat, Gluten	<b>Fruit</b>
Tuesday	<b>Breadsticks &amp; Raisins &amp; Milk</b> Wheat, gluten, milk	<b>Cottage Pie, Peas, Broccoli</b> (Plant based alternative)  Gluten, Oat	<b>Jam sponge and Custard/ oat alternative</b> Gluten, Oat, Wheat, Milk	<b>Milk milk</b>	<b>Cheesy Garlic Muffins &amp; Baked beans</b> Wheat, Milk, Gluten	<b>Fruit</b>
Wednesday	<b>Crackers &amp; Cream Cheese &amp; Milk</b> Wheat, Gluten, Milk	<b>Katsu Chicken Nugget curry, Noodles Veg</b> (Plant based alternative) Wheat, Gluten, Soya,	<b>Instant whip/ Oat Alternative</b> Milk	<b>Milk milk</b>	<b>Pizza 'Bianco' Veg sticks &amp; tomatoes with Garlic and Herb Dip</b> Wheat, Sesame, Gluten	<b>Fruit</b>
Thursday	<b>Breadsticks &amp; Apple &amp; Milk</b> Wheat, Gluten, Milk	<b>Roast chicken, Roast potatoes, Vegetables &amp; free from gravy (Lentil Cutlet)</b> Wheat	<b>Fruit Crumble optional Cream/ Oat Alternative</b>	<b>Milk milk</b>	<b>Hash Browns, Spaghetti Hoops, Baby sweetcorn</b> Wheat, Gluten	<b>Fruit</b>
Friday	<b>Oatcakes &amp; Cucumber &amp; Milk</b> Wheat, Gluten, Milk	<b>Creamy Chicken &amp; veg stew. Cheesy Mash Broccoli</b> (Plant based alternative) Celery, Oat Mustard	<b>Fruit Cocktail &amp; Jelly</b>	<b>Milk milk</b>	<b>Fish Fingers Waffles, Peas, Vegan Mayo</b> (Plant based alternative) Wheat, Gluten, Fish, Mustard	<b>Fruit</b>

**Key:** Green = Fruit and vegetables    Yellow = Meat and Meat Substitutes    Blue = Dairy    Brown = Pasta, Potato, Pulses etc ( ) Peng substitute