



Autumn / Winter (Oct-Jan) Busikids Menu Week 1

Plant based alternatives are available for all menu items
Allergen information: - All dishes may contain sulphites



	AM Snack	Dinner	Sweet / Starter	PM Snack	Tea	Sweet
Monday	Breadsticks & spinach hummus (Wheat, gluten)	Fish fingers crispy potatoes, homemade mushy peas. Homemade tomato ketchup. (Fish, wheat, gluten)	Pear & berry crumble, custard (Wheat, gluten, milk)	Milk / Dairy free alt	Tomato, lentil & basil orzo soup, Bread & butter (Wheat, gluten)	Fruit
Tuesday	Pita strips dairy free tzatziki (Wheat, gluten)	Chicken biriyani, mixed vegetable curry sauce, naan bread. (Wheat, gluten)	Cauliflower pakora, apple chutney	Milk / Dairy free alt	Sausages, potato waffles, homemade baked beans, grated cheese. (Wheat, gluten, soya, milk)	Fruit
Wednesday	Breadsticks cheesy potato & carrot dip (Wheat, gluten)	Slow cooked lamb shoulder in minted gravy, mashed potatoes, green beans & carrots. (Celery)	Lemon & ginger cookies (Wheat, gluten)	Milk / Dairy free alt	Creamy chicken & leeks, brown rice, peas & broccoli. (Celery)	Fruit
Thursday	Wholewheat tortilla wedge & peacamole (Wheat, gluten)	Hoisin chicken, noodles, stir-fried vegetables. (Wheat, gluten, soya)	Vegetable spring rolls, sweet pepper dipping sauce / Rice cakes for under 15mths (Wheat, gluten)	Milk / Dairy free alt	Curry spiced cheesy Corned beef hash with broccoli, homemade baked beans & ketchup.	Fruit
Friday	Oatcakes & carrot hummus (oat, gluten)	Beef pastitsada (hidden veg) Spiralli pasta, wholewheat pita sticks (Celery, wheat, gluten)	Carrot cake & Greek yoghurt (Wheat, gluten, milk)	Milk / Dairy free alt	Hidden veg Marinara pork & beef meatballs, wholemeal sub roll, grated cheese & cucumber slices.	Fruit

Green = Fruit and vegetables Purple = Protein Blue = Dairy Red = carbohydrates



Autumn / Winter (Oct-Jan) Busikids Menu Week 2

Plant based alternatives are available for all menu items
Allergen information: - All dishes may contain sulphites



	AM Snack	Dinner	Sweet / Starter	PM Snack	Tea	Sweet
Monday	Breadsticks & spinach hummus (Wheat, gluten)	Chicken in gravy, roast potatoes, carrots broccoli & cauliflower	Cheesy tomato & basil, flaxseed pesto bruschetta (Wheat, gluten)	Milk / Dairy free alt	Chicken nugget katsu & noodles, Peas & carrots (wheat, gluten)	Fruit
Tuesday	Pita strips dairy free tzatziki (Wheat, gluten)	Meatball stroganoff, sauteed potatoes, peas & sweetcorn	Beetroot, blueberry & orange cake, custard (wheat, gluten)	Milk / Dairy free alt	Tuna & vegetable pasta bake with garlic bread. (Fish, wheat, gluten)	Fruit
Wednesday	Breadsticks cheesy potato & carrot dip (Wheat, gluten)	Turkey bolognese, wholewheat spaghetti hidden vegetable sauce. (wheat, gluten)	Courgette fritters, cucumber & mint dairy free yoghurt dip.	Milk / Dairy free alt	Beetroot lentil & kale soup. Baguette. (Celery, wheat gluten)	Fruit
Thursday	Wholewheat tortilla wedge & peacamole (Wheat, gluten)	Smoky sausage & bean stew, crispy garlic & paprika potatoes, broccoli. (Celery, wheat, gluten, soya)	Gluten free Sweet potato, chickpea & raspberry blondie	Milk / Dairy free alt	Creamy Tomato risotto, broccoli pesto. (celery)	Fruit
Friday	Oatcakes sticks & carrot hummus (Oat, gluten)	Fishcake, sticky jasmine rice, vegetable & coconut curry broth & peas. tapioca 'prawn' cracker (Wheat, gluten, fish, celery)	Fresh bread roll, cream cheese (Wheat, gluten, milk)	Milk / Dairy free alt	Moroccan vegetarian meatballs, cauliflower orzo & buckwheat, salad (Wheat, barley, gluten, soya)	Fruit

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Autumn / Winter (Oct-Jan) Busikids Menu

Week 3

Plant based alternatives are available for all menu items
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	AM Snack	Dinner	Sweet / Starter	PM Snack	Tea	Sweet
Monday	Breadsticks & spinach hummus (Wheat, gluten)	Spanish beef meatballs in a tomato & yoghurt sauce, crispy garlic & paprika potatoes Green beans & carrots. (Fish, wheat, gluten)	Peach & raspberry cobbler, custard. (Wheat, gluten, milk)	Milk / Dairy free alt	Sausage & broccoli rice bake, & cucumber slices (wheat, gluten, soya)	Fruit
Tuesday	Pita strips dairy free tzatziki (Wheat, gluten)	Tofu carbonara, linguine, garlic bread, peas (Soya, wheat, gluten)	Falafel, pita bread finger, dairy free yoghurt dip (wheat, gluten)	Milk / Dairy free alt	Chicken & vegetable fajita rice, Mole sauce. (celery, wheat, gluten)	Fruit
Wednesday	Breadsticks cheesy potato & carrot dip (Wheat, gluten)	Curry turkey, (hidden veg) Rice & black turtle beans, wholewheat roti, (celery)	Courgette & lime cake, creme fraiche (wheat, gluten)	Milk / Dairy free alt	Veggie puff pastry rolls homemade baked beans potato stars. (wheat, gluten)	Fruit
Thursday	Wholewheat tortilla wedge & peacamole (Wheat, gluten)	Cajun veggie brown rice, Vegetarian chilli (hidden veg) Soft wholewheat tacos (Celery, soya, wheat, gluten)	Sweetcorn fritters & homemade BBQ sauce	Milk / Dairy free alt	Cheesy vegetable pasta bake & garlic bread. (Wheat, gluten)	Fruit
Friday	Oatcakes sticks & carrot hummus (oat, gluten)	Chicken in gravy, roast potatoes, swede & carrot, peas.	Tahini rice crispie cakes / Banana & yoghurt for under 15mths (barley, gluten)	Milk / Dairy free alt	Creamy, Cannelini bean, leek & potato soup, wholemeal roll (Celery, wheat, gluten)	Fruit

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