



# 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	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Sausage Broccoli & Pasta Bake Natural yoghurt & banana Milk sulphites/sulphur dioxides
Tuesday	Crackers with soft cheese and sliced cucumber & tomato 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	Home Made Banana Bread Milk egg wheat	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Vegetable soup and bread roll Fruit Celery, Barley, Wheat, Soya
Wednesday	Crumpet with spread and Grapes Milk Milk, Wheat	Sausages Mashed Potatoes, Peas & Gravy( Baked Beans optional) Sulphites,barley celery soya wheat	Quorn Sausages Mashed Potatoes, Peas & Gravy( Baked Beans optional) Eggs,barley celery soya wheat	Pear crumble with custard Wheat, Milk	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Chicken Broccoli & Sweet Potato Gratin Orange Jelly Milk
Thursday	Crumpet with spread and Grapes Milk Milk, Wheat	Meatballs, tomato sauce optional, with Wholemeal Spaghetti, Peas and carrots Wheat	Quorn Meatballs with Wholemeal Spaghetti, Peas and carrots Barley, Eggs, Wheat	Raisin shortbread biscuit Milk wheat	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Home made potato wedges & Mini turkey escalopes mange tout Natural Yoghurt & Berries Wheat milk
Friday	Crackers with soft cheese and sliced cucumber & tomato Milk Milk, wheat	Thai Green Curry (Chicken) with Jasmine Rice	Thai Green Curry (Quorn) with Jasmine Rice	Berries and Ice cream milk	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Spaghetti on Toast with a side of mini corn Melon smiles 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	Crackers with soft cheese and sliced cucumber & tomato Milk Milk, wheat	Turkey Chilli Con Carne with Brown Rice Celery/celeriac	Quorn Mince Chilli with Rice Celery/celeriac, egg	Apple & Sultana Muffin Milk egg wheat	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Butternut squash cubes, chicken nuggets and baked beans Fruit selection Wheat
Tuesday	Toasted Muffin with spread, and carrot sticks Milk Wheat, Milk	Fish parcels in puff pastry, mashed potatoes and peas and kale Fish milk	Tofu parcels, mashed potatoes and peas and kale Soya milk	Peach cobbler with ice cream Wheat, Milk	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Tomato and Mozzarella Tartlet and vegetable chips Blackcurrant Jelly Wheat, Milk
Wednesday	Crackers with soft cheese and sliced cucumber & tomato 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	Raisin Cookie Wheat egg	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Fishcakes and baked beans Fruit Fish, Wheat,
Thursday	Toasted Muffin with spread, and carrot sticks Milk Wheat, Milk	Cottage Pie Cauliflower & Sweetcorn	Quorn Cottage Pie Cauliflower & Sweetcorn	Mixed fruit sponge & cream Milk, egg, wheat	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Simply Chicken with Rice and Green vegetables & Grated Cheese Fruit selection Milk
Friday	Crumpet with spread and Grapes Milk Milk, Wheat	Creamy chicken and leek Pasta with broccoli Milk	Creamy quorn and leek pasta with broccoli Milk, egg	Plum Pie with custard Milk wheat	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Jacket/smashed potato with Lamb chilli & Grated Cheese Lemon Greek Yoghurt milk

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# Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Bagel ¼ with Spread and sliced Plum Milk Wheat, Milk, Soya	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	Pitta strips with Hummus/cheese & chive dip & carrot sticks Milk Milk wheat	Cheese & Baked Beans and Jacket/smashed potatoes Fruit Milk
Tuesday	Toasted Muffin with spread, and carrot sticks Milk Wheat, Milk	Spaghetti Bolognese with Red onion & cheese flatbread Wheat, Milk	Quorn Spaghetti Bolognese with Red onion & cheese flatbread Wheat, Milk	Fruit flan Egg wheat	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Beef Sliders roll Sweetcorn Lettuce & Tomato Relish Plain yoghurt & Berries Milk 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	Pineapple Upside Down Cake Egg wheat	Cheese Melt (cracker) and Apple milk Milk, Wheat,	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 swiss roll milk egg wheat	Cheese Melt (cracker) and Apple milk Milk, Wheat,	Fishcakes and baked beans Fruit Milk, Fish, Wheat,
Friday	Crackers with cheese spread & apple Milk, Wheat Milk	Fish nuggets potato wedges baked beans and peas Fish wheat	Quorn nuggets potato wedges baked beans and peas egg wheat	Fruity flapjack oats	Pitta strips with Hummus/cheese & chive dip & carrot sticks MilkMilk wheat	Sausage in a bun and Spaghetti Hoops with Cucumber sticks Raspberry Jelly Sulphurdioxides/Sulphites, milk, wheat

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