



Busikids Menu Week 1



| | AM Snack | Dinner | Vegetarian Option | Sweet | PM Snack | Tea |
|-----------|--|---|--|---|------------------------|--|
| Monday | Oatcake, grapes and banana Milk Oats Milk | Spaghetti Bolognese with garlic bread & peas Wheat milk | Quorn mince Spaghetti Bolognese with garlic bread & peas Wheat milk Egg & Barley | Bananas and custard Milk | Fruit and Milk Milk | Jacket potato Baked Beans & Cheese Side of Broccoli Flapjack OatsWheat Milk |
| Tuesday | Bagel with cheese spread and cucumber Milk Wheat Milk Soya | Gammon in Parsley Sauce and Roasted New Potatoes with Seasonal Vegetables Wheat & Celery | Quorn fillet in Parsley Sauce and Roasted New Potatoes with Seasonal Vegetables Wheat, Celery & Egg | Baked Apple and custard Milk | Fruit and Milk Milk | Chicken & veg Fajitas (Beans & veg Fajitas-v) and Rice Fromage Frais Milk, Soya wheat |
| Wednesday | Grissini Breadsticks Multi coloured peppers with Hummus dip Milk Sesame Milk, Barley, Wheat | Roast chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, , Wheat, | Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat, | Rice Pudding with Mixed berries Milk | Fruit and Milk Milk | Sausage Roll, (Vegan sausage roll-v)Baked Beans Vegetable Crisps Fruit in Jelly Milk, wheat egg |
| Thursday | Wholemeal toast with Spread & Carrot sticks (steamed for Ducklings) Milk Barley Wheat Soya Milk | Beef Curry and Rice & Broccoli | Vegetable & Lentil Curry & Broccoli | Apple Streudel and Custard Wheat Milk | Fruit and Milk Milk | Cheese Pie and Mini Sweet corn Ginger Cookies Milk Wheat |
| Friday | Toasted muffin with spread and Satsumas Milk Soya Wheat Milk | Home Made Fish Cakes and Potato Wedges with Peas and Sweetcorn Wheat,, Fish | Home Made Veggie 'Fish' Cakes and Potato Wedges with Peas and Sweetcorn Wheat, Milk, | Apple & Blackberry Pie with Cream Wheat, Milk, | Fruit and Milk Milk | Cheese and Ham/Sliced quorn Toasties with Cucumber & carrot Sticks Spiced orange Cake Wheat, Milk, Egg |

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 | Grissini Breadsticks Carrots with Cheese Spread Milk Milk, Wheat sesame | Chicken & vegetable Casserole with dumplings Wheat | Quorn & vegetable Casserole with dumplings Wheat, Egg | Fruit flan Wheat, Egg | Fruit and Milk Milk | Baked Beans Sweet Potato wedges and Sausages(Quorn Sausages-v) Rhubarb Fool Wheat, Soya, Egg, Milk sulphites |
| Tuesday | Wholemeal toast with Spread & Carrot Sticks (steamed for Ducklings) Milk Barley Wheat Soya Milk | Cottage Pie with mixed vegetables | Cottage Pie with quorn mince and mixed vegetables Egg, Barley | Banana Cake milk wheat | Fruit and Milk Milk | Chicken fillet(Veggie pattie- v) in a Bun with Salad and Coleslaw Mixed Fruit Wheat, Milk, |
| Wednesday | Cracker with spread, Fruit Milk Wheat Milk | Chicken Curry Rice and French Beans with naan bread Wheat, Milk, | Lentil & Vegetable Curry Rice and French Beans with naan bread Wheat, Milk, | Baked Pears and Cream Milk, | Fruit and Milk Milk | Corned Beef Hash(Chick Pea Hash- v) with Roasted Butternut Squash Cubes Carrot cake Wheat, Milk,Egg |
| Thursday | Toasted muffin with spread and Fruit Milk Soya Wheat Milk | Sausage and Bacon Pasta with Peas and Garlic Bread Wheat, Milk, Soya sulphites | Pasta & Quorn nuggets with Peas and Garlic Bread Wheat, Milk,egg | Apple and Cinnamon Crumble and Custard Wheat, Milk, | Fruit and Milk Milk | Jacket Potato with tuna and (egg and dairy free) mayonnaise(Mixed bean chilli-v) cherry tomatoes and cucumber Spotted dick and Custard Wheat, Milk,Egg fish |
| Friday | Oatcake, grapes and banana Milk Oats Milk | Roast turkey, roast potatoes, vegetables and Yorkshire pudding Wheat, Milk, Egg | Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Wheat, Milk, Egg | Plum Yoghurt cake Wheat, Milk, Egg | Fruit and Milk Milk | Crumpets with Mixed Toppings, Cheese Straws & cucumber Gingerbread Man & Ice Cream Wheat, Milk,Egg |

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Busikids Menu Week 3



| | AM Snack | Dinner | Vegetarian Option | Sweet | PM Snack | Tea |
|-----------|--|--|--|---|------------------------|---|
| Monday | Cracker with spread, Cucumber Milk Wheat Milk | Turkey Chilli Con Carne with rice & Carrots Celery Milk Wheat | Mixed Bean Chilli Con Carne with rice & Carrots Celery Milk Wheat | Raisin cupcakes Wheat, Egg | Fruit and Milk Milk | 'Mac & Cheese' & Garlic Bread & Broccoli Mixed fruit Wheat, Milk, Egg |
| Tuesday | Toasted muffin with spread and Satsumas Milk Soya Wheat Milk | Chicken Carbonara and Broccoli Wheat, Milk, Egg | Mushroom Carbonara and Broccoli Wheat, Milk, Egg | Winter Crumble and cream Wheat, Milk, | Fruit and Milk Milk | Burritos(Quorn mince-v) and Wedges with Salad Rice Pudding with Mixed Berries Wheat, Milk, |
| Wednesday | Oatcake, grapes and banana Milk Oats Milk | Sausage Casserole Mashed Potato & Seasonal Vegetables Wheat, Soya sulphites | Quorn Sausage Casserole Mashed Potato & Seasonal Vegetables Wheat, Barley, Eggs | Baked Apple and Custard Milk, | Fruit and Milk Milk | Fish fingers(Veg fingers-v), baked beans and Courgette Gratin Fruit Fish Wheat, Milk |
| Thursday | Grissini Breadsticks Carrots with Cheese Spread Milk Milk, Wheat sesame | Roast Lamb, roast potatoes, vegetables and Yorkshire pudding Wheat, Milk, Eggs | Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Wheat, Milk, Egg | Upside down Cheese Cake Wheat, Milk, | Fruit and Milk Milk | Wraps withcheese spread,turkey,ham, marmite and Grated Carrot & beetroot & Fromage Frais Wheat, Mik, Celery Oats |
| Friday | Wholemeal toast with Spread & Carrot Sticks (steamed for Ducklings) Milk Barley Wheat Soya Milk | Home made Chicken in Garlic and Herb Breadcrumbs with Roasted vegetables and Potatoes and Home made Coleslaw Wheat, Milk, | Home made Quorn in Garlic and Herb Breadcrumbs with Roasted vegetables and Potatoes and Home made Coleslaw Wheat, Milk, Egg | Ginger Sponge and Custard Wheat, Milk, Egg | Fruit and Milk Milk | Home made Puff Pastry Pizza and vegetable Sticks Apple and Cranberry oat Biscuit Wheat, Milk, Egg, Oats |

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