



## Busikids Menu Week 1



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Mixed vegetable sticks and breadsticks Milk Milk, Wheat,	Smashed New potatoes & Italian vegetable and ham stew	Smashed New potatoes & Italian vegetable and Bean stew	melon mango & pineapple fingers	Milk & Fruit Milk (No snack)	Simply chicken with rice & green vegetable Fruit Milk, Wheat
Tuesday	Toasted Crumpet, spread and strawberries Milk Wheat, Milk,	Caribbean chicken with rice & nan wheat	Caribbean vegetables with rice & nan wheat	Peach slices & plain yoghurt milk		Potato & lentil cakes with baked beans jelly
Wednesday	Hummus/ guacamole and breadsticks & peppers Milk Milk, sesame	Wholemeal spaghetti with meatballs & courgettes in a tomato sauce wheat	Wholemeal spaghetti with vegballs & courgettes in a tomato sauce wheat soya barley	Summer fruit crumble & custard Wheat milk		Minced beef soft tacos with grated carrot, cucumber, & beetroot Greek yoghurt & grapes Milk wheat
Thursday	Oatcakes with cherry tomatoes, carrot Milk Milk, celery, Oats	Roast chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat,	Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, , Wheat,	Fruit & oatmeal bar oats		Sandwiches (toast & filling) with a variety of fillings & vegetable chips Mixed fruit cake wheat soya milk
Friday	Tea Cake & Spread Milk Milk, wheat soya	Mashed potatoes and sausages and peas and gravy Metabisulphites, wheat, soya	Mashed potatoes and vegetable sausages and peas and gravy Sulphites, wheat, soya	jelly		Fish fingers, spaghetti hoops & slice of bread Fruit & ice cream Fish Wheat Milk Soya

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



## Busikids Menu Week 2



	<b>AM Snack</b>	<b>Dinner</b>	<b>Vegetarian Option</b>	<b>Sweet</b>	<b>PM Snack</b>	<b>Tea</b>
<b>Monday</b>	crisp bakes(toast) and fresh fruit <b>Milk</b> Wheat, Egg soya Milk,	Leek ham & cheese macaroni bake garlic bread & cucumber Wheat milk	Leek mushroom & cheese macaroni bake garlic bread & cucumber Wheat milk	Bananas & ice cream milk		Marmite/cheese pastry wheels with salad sticks & veg chips Jelly Milk Wheat celery wheat barley oats rye
<b>Tuesday</b>	Tea Cake & Spread <b>Milk</b> Milk, wheat soya	Chicken & ham Paella for All and salad	Vegetable Paella for All and salad	Beetroot brownie wheat egg		Herby tomato & bean pasta Fruit Wheat
<b>Wednesday</b>	Savoury biscuits (oatcake)with cucumber and cheese sticks <b>Milk</b> Milk, oats milk	Roast chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat,	Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat,	Pineapple upside down cake & cream wheat		Sausage in a bun & spaghetti hoops(baked beans on toast) with cucumber sticks Fruit & ice cream Milk Wheat sulphits soya
<b>Thursday</b>	Hummus/ guacamole and breadsticks & peppers <b>Milk</b> Milk, sesame, Wheat,	Aztec sun pie Wheat milk	Aztec sun pie with vege mince Wheat milk soya barley	Home made banana bread wheat		Cheesy courgette pepper ham & sweetcorn pasta bake Plain yoghurt & tropical fruits Milk Wheat
<b>Friday</b>	crisp bakes(toast) and fresh fruit <b>Milk</b> Wheat, Egg soya Milk,	Turkey chilli con carne and rice	Vege mince chilli con carne and rice soya barley	Pear and raspberries and frozen yoghurt Milk		Finger sandwiches(toast) (egg/ham/cheese), Scones with spread/jam, apple Egg soya wheat milk

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## Busikids Menu Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
<b>Monday</b>	Savoury biscuits (Oatcake) with cucumber and cheese sticks Milk Milk, oats	Thai green chicken curry with Jasmine rice milk	Thai green quorn curry with Jasmine rice milk	Fruit muffin Eggs, Wheat		Wraps filled with cheese/chicken, grated carrot & sultana salad & vegetable chips wheat milk
<b>Tuesday</b>	crisp bakes and fresh fruit Milk Wheat, Egg soya Milk,	Roast chicken, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat,	Quorn fillet, roast potatoes, vegetables and Yorkshire pudding Milk, Egg, Wheat,	Apple & sultana muffin Eggs, Wheat		Smashed potato with ratatouille & chicken Plain yoghurt & fruit milk
<b>Wednesday</b>	crisp bakes and fresh fruit Milk Wheat, Egg soya Milk,	Moussaka milk	Moussaka with vege mince milk soya barley	Raisin cookie Wheat		Home made potato wedges, turkey escalopes & mange tout Fruit wheat
<b>Thursday</b>	Tea Cake & Spread Milk Milk, wheat soya	Home made chicken pie & gravy mashed potatoes & green veg wheat	Home made mushroom pie & gravy mashed potatoes & green veg wheat milk	Mixed fruit sponge & cream Milk, Eggs, Wheat		Sausage broccoli & tomato pasta bake Fruit wheat soya metabisulphate
<b>Friday</b>	Hummus/ guacamole and breadsticks & peppers Milk Milk, wheat, sesame,	Beef lasagne garlic bread and cucumber sticks milk wheat	Vegetable mince lasagne garlic bread and cucumber sticks soya barley milk wheat	Fruit cookie Wheat,		Falafel & baked bean & chapati Jelly wheat

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