



Busikids Menu no dairy or soya - Week 1



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

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



Busikids Menu no dairy or soya - Week 2



	AM Snack	Dinner	Vegetarian option	Sweet	PM Snack	Tea
Monday	Genius toast and fresh fruit Oatly Milk Wheat, Egg Oats	Leek ham & cheese macaroni bake free from garlic bread & cucumber Wheat oats	Leek mushroom & cheese macaroni bake free from garlic bread & cucumber Wheat oats	Bananas & free from ice cream		Marmite/violife cheese pastry wheels with salad sticks & veg chips Jelly Wheat celery barley oats rye
Tuesday	Genius toast & Spread Oatly Milk wheat egg oats	Chicken & ham Paella for All and salad	Vegetable Paella for All and salad	Beetroot brownie wheat egg		Herby tomato & bean pasta Fruit Wheat
Wednesday	Savoury biscuits (oatcake)with cucumber and Violife cheese sticks Oatly Milk oats	Roast chicken, roast potatoes, vegetables and gravy Egg, Wheat,	Quorn fillet, roast potatoes, vegetables and gravy Egg	Pineapple upside down cake & free from ice cream wheat egg		Quorn Sausage in a bun & spaghetti hoops(baked beans on toast) with cucumber sticks Fruit & Oatly yoghurt Wheat barley egg oat
Thursday	Hummus/ guacamole and breadsticks & peppers OatlyMilk sesame, Wheat	Aztec sun pie Wheat oats	Aztec sun pie with vegetables mince Wheat oats	Home made banana bread wheat egg		Cheesy(violife) courgette pepper ham & sweetcorn pasta bake free from ice cream & tropical fruits Wheat oat
Friday	Genius fruit loaf and fresh fruit Oatly Milk Wheat, Egg Oats	Turkey chilli con carne and rice	Vegetable chilli con carne and rice	Pear and raspberries and Oatlystrawberry yoghurt oats		Finger sandwiches genius(toast) (egg/ham/violife cheese), Scones with spread/jam, apple Egg wheat

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Busikids Menu no dairy or soya - Week 3



	AM Snack	Dinner	Vegetarian Option	Sweet	PM Snack	Tea
Monday	Savoury biscuits (Oatcake) with cucumber and Violife cheese sticks Oatly Milk oats	Thai green chicken curry with Jasmine rice oats	Thai green quorn curry with Jasmine rice oats	Fruit muffin Egg, Wheat		Wraps filled with violife cheese/chicken, grated carrot & sultana salad & vegetable chips wheat
Tuesday	Genius toast and fresh fruit Oatly Milk Wheat, Egg Oats	Roast chicken, roast potatoes, vegetables and gravy	Quorn fillet, roast potatoes, vegetables and gravy , Egg,	Apple & sultana muffin Eggs, Wheat		Smashed potato with ratatouille & chicken oatly Plain yoghurt & fruit oats
Wednesday	Grnius toast and fresh fruit Oatly Milk Wheat, Egg Oats	Moussaka oats	Vegetarian Moussaka oats	Raisin cookie Wheat		Home made potato wedges, turkey escalopes & mange tout Fruit wheat
Thursday	Genius fruit loaf & Spread Oatly Milk Oats wheat egg	Home made chicken pie & gravy mashed potatoes & green veg wheat	Home made mushroom pie & gravy mashed potatoes & green veg wheat oats	Mixed fruit sponge & oatly cream oatrs Eggs, Wheat		Quorn Sausage broccoli & tomato pasta bake Fruit wheat barley egg
Friday	Hummus/ guacamole and breadsticks & peppers Oatly Milk Oats wheat, sesame,	Beef lasagne free from garlic bread and cucumber sticks oats wheat	Vegetable lasagne free from garlic bread and cucumber oatswheat	Fruit cookie Wheat,		Falafel & baked bean & chapati Jelly wheat

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