



Busikids Menu Week 1



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Toast & Spread Milk Wheat, Gluten, Soya, milk	Vegetable curry, Rice, Naan Wheat, Gluten	Instant whip/ Oat Alternative Milk	Fruit & Milk milk	Hash Browns, Baked beans, Cheese (or Plant based alternative) & cucumber slices Milk	Bananas & custard Dairy Free Alternative Milk
Tuesday	Breadsticks & Raisins & Milk Wheat, gluten, milk	Roast chicken, Roast potatoes, Vegetables & free from gravy (Lentil Cutlet) Wheat	Whipped Greek yoghurt & fruit compote Oat Alternative milk	Fruit & Milk milk	Pitta Bread strips, Hummus, Grated Carrot and Spiced Sweet Potato Cubes Wheat, Gluten, sesame	Teacake Loaf & Spread Wheat, Gluten
Wednesday	Crackers & Cream Cheese & Milk Wheat, Gluten, Milk	Turkey Chilli Con Carne, Rice, Cherry tomatoes & cucumber (Bean Chilli Alternative	Fruit Crumble & Custard Wheat, oat, gluten, milk	Fruit & Milk milk	Pesto & Vegetable Pastry Swirls, Spaghetti Hoops Wheat, Gluten	Cherry & Ginger Cookies Wheat, Gluten
Thursday	Breadsticks & Apple & Milk Wheat, Gluten, Milk	Sausages, Mashed potato, Green beans & Gravy (Plant based alternative) Wheat, gluten, Soya	Orange Jelly & Mandrin slices	Fruit & Milk milk	Creamy Tomato Soup & Homemade Focaccia Wheat, Gluten, Oat, Celery	Fruity Flapjack Oats, Gluten
Friday	Oatcakes & Spread & Milk Wheat, Gluten, Milk	Fishcakes, Peas, Sauteed Potatoes (Plant based alternative) Wheat, gluten, Fish	Chocolate sponge pudding (optional Cream/ Oat Alternative) Milk Wheat, Gluten, Oat	Fruit & Milk milk	Cheese and Ham Sandwiches, Lettuce, Cherry Tomatoes, Caesar dip (Dairy Free Alt) Wheat, Gluten, Milk, Soya	Banana & Toffee Instant Whip/ Oat Alternative Milk

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

Busikids Menu Week 2



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Toast & Spread Milk Wheat, Gluten, Soya, Milk	Chicken Nuggets, Cheesy Mash & Bake Beans Soya, Oat, Wheat, Gluten	Whipped Greek yoghurt & fruit compote Oat Alternative Milk	Fruit & Milk Milk	Toast, Spaghetti Hoops & Scrambled Tofu Soya, Wheat, Gluten	Lemon Fairy Cakes Wheat, Oat, Gluten
Tuesday	Breadsticks & Raisins & Milk Wheat, gluten, milk	Turkey Curry, Rice & Naan Wheat Gluten	Fruit Crumble (Optional Cream/ Oat Alternative) Wheat Oat Gluten Milk	Fruit & Milk milk	Cheese & Onion Puff Rolls, Baked beans (Plant based alternative) Milk Wheat Gluten	Instant whip/ Oat Alternative Milk
Wednesday	Crackers & Cream Cheese & Milk Wheat, Gluten, Milk	Roast chicken, Roast potatoes, Vegetables & free from gravy (Lentil Cutlet) Wheat	Blackcurrant Jelly	Fruit & Milk milk	Butternut squash soup, Homemade Focaccia Wheat Celery Gluten	Raspberry Muffins Wheat Gluten
Thursday	Breadsticks & Apple & Milk Wheat, Gluten, Milk	Spaghetti Bolognese (Plant based alternative) Wheat Celery Gluten Lentils	Fruit Pastry Swirl & Custard/ Oat Alternative Milk Wheat Gluten	Fruit & Milk milk	Crackers Cheese, Hummus, Veg Sticks (Plant based alternative) Wheat Gluten Milk Sesame	Carrot Cake Yoghurt Frosting Oat, Wheat, Gluten
Friday	Oatcakes & Spread & Milk Wheat, Gluten, Milk	Chicken, Leek & Tarragon Waffle Pie & Broccoli (Mushroom Alternative) Mustard, Oat	Instant whip/ Oat Alternative Milk	Fruit & Milk milk	Fish Fingers, Bread & Spread, Cucumber, Seafood Sauce Fish Wheat Gluten Soya	Fruit Cocktail & (optional Cream/ Oat Alternative)

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Busikids Menu Week 3



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Toast & Spread Milk Wheat, Gluten, Soya, milk	Sausages Mac'n'cheesy Leeks (Plant based alternative) Wheat, Gluten, Soya,	Peaches & Ice Cream / Dairy Free Alternative	Fruit & Milk milk	Crumpets, Ham, Vegetable sticks & Garlic Dip Wheat, Gluten	Sunflower seed rice Krispies 'cake' Gluten, Barley
Tuesday	Breadsticks & Raisins & Milk Wheat, gluten, milk	Cottage Pie, Peas, Broccoli (Plant based alternative) Gluten, Oat	Jam sponge and Custard/ oat alternative Gluten, Oat, Wheat, Milk	Fruit & Milk milk	Cheesy Garlic Muffins & Baked beans Wheat, Milk, Gluten	Lemon Pannacotta Oat Alternative Milk
Wednesday	Crackers & Cream Cheese & Milk Wheat, Gluten, Milk	Katsu Chicken Nugget curry, Noodles Veg (Plant based alternative) Wheat, Gluten, Soya,	Instant whip/ Oat Alternative Milk	Fruit & Milk milk	Pizza 'Bianco' Veg sticks & tomatoes with Garlic and Herb Dip Wheat, Sesame, Gluten	Raisin Flapjack Gluten, Oat,
Thursday	Breadsticks & Apple & Milk Wheat, Gluten, Milk	Roast chicken, Roast potatoes, Vegetables & free from gravy (Lentil Cutlet) Wheat	Fruit Crumble optional Cream/ Oat Alternative	Fruit & Milk milk	Hash Browns, Spaghetti Hoops, Baby sweetcorn Wheat, Gluten	Whipped Greek yoghurt & fruit compote milk
Friday	Oatcakes & Spread & Milk Wheat, Gluten, Milk	Creamy Chicken & veg stew. Cheesy Mash Broccoli (Plant based alternative) Celery, Oat Mustard	Fruit Cocktail & Jelly	Fruit & Milk milk	Fish Fingers Waffles, Peas, Vegan Mayo (Plant based alternative) Wheat, Gluten, Fish, Mustard	Bread & Butter Pudding & Custard Dairy Free Alternative Wheat, Gluten, Soya, milk, oat

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