



Autumn '24 Busikids Menu Week 1



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Breadsticks & Raisins Gluten	Wholewheat spaghetti bolognese, made with hidden vegetable sauce. (PBA) Gluten, wheat, celery	Ice Cream (PBA) and wafer biscuit Milk, soya	Milk / Dairy free alt	Toasted muffins, Sausages (PBA) & beans. Gluten, wheat, soya	Fruit
Tuesday	Crackers & Cream Cheese Gluten, Wheat, Milk	Meatball tagine. (PBA). Vegetable pilaf. Dairy free Tsatsiki. Celery	Strawberry yoghurt (Dairy free alt (Oat) Milk	Milk / Dairy free alt	Chicken nuggets (PBA) garlic bread & broccoli. Gluten, wheat	Fruit
Wednesday	Rice cakes & Banana	Chicken & vegetable pie, topped with sliced potatoes. (PBA) Peas & broccoli Celery	Peaches & custard (Dairy free alt (oat)) Milk	Milk / Dairy free alt	Tomato & basil soup, wholemeal bread & butter. Gluten, wheat, celery	Fruit
Thursday	Oatcakes & cucumber Gluten	Fish fingers, sauteed potatoes & peas. (Rice & parsnip goujons) Gluten, wheat,	Strawberry sponge cake. Wheat, oat, gluten	Milk / Dairy free alt	Fusilli pasta, tomato & vegetable sauce, grated cheese. (Dairy free alt) Gluten, wheat, milk	Fruit
Friday	Toast & spread Gluten, Wheat, soya	Roast chicken (PBA) in gravy, roast potatoes, vegetable selection.	Fruit cookie. Wheat, gluten	Milk / Dairy free alt	Vegetable katsu curry with noodles Gluten, wheat	Fruit

Key: (PBA) = Plant based alternative available Green = Fruit and vegetables Yellow = Meat and Meat Substitutes Blue = Dairy Brown = Pasta, Potato, Pulses



Autumn '24 Busikids Menu Week 2



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Breadsticks & Raisins Gluten	Turkey curry (vegetable curry), rice & naan bread. Gluten, wheat	Bananas & angel delight (Dairy free alt) Milk (Oat)	Milk / Dairy free alt	Crumpets, chicken goujons, cucumber sticks & hummus. Wheat, gluten, sesame	Fruit
Tuesday	Crackers & Cream Cheese Gluten, Wheat, Milk	Fishcakes, (Veg fingers) new potatoes, peas & broccoli. Fish, wheat, gluten	Fruit cake & custard (dairy free alt) Wheat, gluten, milk, oats	Milk / Dairy free alt	Vegetable sausage rolls, baked beans & broccoli. Wheat, gluten	Fruit
Wednesday	Rice cakes & Banana	Chicken & ham (Seitan) alfredo, penne pasta & broccoli. Gluten, wheat, milk.	Oat cookie Wheat, oat, gluten	Milk / Dairy free alt	Savoury minced beef, brown rice & vegetable medley. (lentil alternative)	Fruit
Thursday	Oatcakes & cucumber Gluten	Roast chicken (seitan(gluten)) in gravy, roast potatoes, vegetable selection.	Raspberry jelly	Milk / Dairy free alt	Tomato & basil soup with homemade bread. Wheat, gluten	Fruit
Friday	Toast & spread Gluten, Wheat, soya	Breton Sausage & apple stew. Braised potatoes & carrots. Gluten, wheat, soya celery	Ice cream & ginger biscuit. Milk, gluten, wheat	Milk / Dairy free alt	Cheesy fish fingers, bread & butter. Garden peas. (Plant based alt available) Milk, fish, wheat, gluten	Fruit

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Autumn '24 Busikids Menu Week 3



	AM Snack	Dinner	Sweet	PM Snack	Tea	Sweet
Monday	Breadsticks & Raisins Gluten	Sausages, roast potatoes, peas & gravy. (PBA) Wheat, gluten, soya	Strawberry yoghurt/ dairy free alt (oat) Milk	Milk / Dairy free alt	Carrot & coriander soup with buttered wholemeal roll. Wheat, gluten.	Fruit
Tuesday	Crackers & Cream Cheese Gluten, Wheat, Milk	Beef & lentil lasagne, cauliflower florets. (PBA). Wheat, gluten	Fruit crumble & custard (dairy free alt) Wheat, gluten, milk, oat	Milk / Dairy free alt	Pita strips, spaghetti hoops, cheese & cucumber. (dairy free alt) Wheat, gluten, milk	Fruit
Wednesday	Rice cakes & Banana	Roast chicken (PBA) in gravy, roast potatoes, vegetable selection. (Gluten)	Blackcurrant jelly	Milk / Dairy free alt	Fishcakes, baked beans & potato cubes. (PBA) Wheat, gluten, fish	Fruit
Thursday	Oatcakes & cucumber Gluten	Meatballs, (PBA) tomato, basil & hidden vegetable sauce, penne pasta & grated cheese. Wheat, gluten, milk.	Mango & coconut yoghurt. (PBA) Milk	Milk / Dairy free alt	Turkey mince in hidden vegetable gravy, hash browns & peas. (PBA).	Fruit
Friday	Toast & spread Gluten, Wheat, soya	Chicken curry (PBA), rice & Chapati Wheat, gluten.	Sponge cake & cream (PBA) Wheat, gluten, oat, milk	Milk / Dairy free alt	Tomato, basil & hidden vegetable sauce, broccoli & macaroni. Wheat, gluten	Fruit

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