

Red Bus Menu

We  healthy eating



Autumn to Winter : Week 1

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato & Lentil Purée	Turmeric Chickpea & Cauliflower Purée	Sweet Potato & Bean Purée	Carrot & Broccoli Purée	Sweetcorn, Spinach & Tomato Purée
Light Tea	Pear Purée	Apple Purée	Pear Purée	Berry Purée with Natural Yoghurt (M)	Banana Purée

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Mandarin Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Clementine Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Peach Slices (G)(M)
Lunch Second dish for children aged 10-12 months only	Flatbreads with Hummus (G)(SE) • Tomato & Lentil Pasta with Cucumber Sticks (G)	Fish [Chickpea] & Couscous with Carrot Sticks (F)(G) • Sugar Free Cinnamon & Date Rice Pudding (M)	Rice Cakes with Cream Cheese (M) • Jackaroo [Vegetable & Lentil] Pie with Broccoli Florets	Roast Beef [Lentil Bites] and Mashed Potato with Broccoli Florets • Seasonal Fruit with Natural Yoghurt (M)	Sweet & Sour Chicken [Tofu] and Wholegrain Rice with Carrot Sticks • Pear & Berry Purée
Light Tea Second dish for children aged 10-12 months only	Root Vegetable Mash with Peppers Sticks and Hummus (SE) • Seasonal Fruit with Natural Yoghurt (M)	Potato, Leek & Cannellini Bean Soup with Bread Fingers (G) • Apple Purée	Tuna Mayo [Chickpea Mash] Pasta with Tomato and Beetroot Crudités (F)(G)(M)(MU) • Seasonal Fruit with Natural Yoghurt (M)	Mixed Bean Pasta Bake with Cucumber Crudités (G) • Fresh Fruit Salad	Turkey [Mixed Bean] Quesadilla with Carrot Crudités (G)(M) • Banana Strips

The above menus will be pureed or mashed to suit individual needs, gradually building up to lumpier foods.

Weaning babies will not be given foods that have not already been tried at home.

Babies under 12 months don't need snacks, but finger foods are available alongside meals.

Extra milk feeds will be offered if a child appears hungry between meals.

1-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Mandarin Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Clementine Segments (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Peach Slices (G)(M)(SY)
AM Snack	Fruit	Oat Cakes (G)	Fruit	Crispbread Crackers with Cream Cheese (G)(M)	Carrot and Cucumber Crudités
Lunch	Flatbreads with Hummus (G)(SE) • Tomato & Lentil Pasta (G)	Tunisian Style Fish [Chickpea] with Couscous (F)(G) • Sugar Free Cinnamon & Date Rice Pudding (M)	Rice Cakes with Crudités and Cream Cheese (M) • Cowboy [Vegetable & Lentil] Pie with Broccoli	Roast Beef [Lentil Bites] with Roasted Potatoes, Broccoli and Carrot • Seasonal Fruits with Natural Yoghurt (M)	Sweet & Sour Chicken [Tofu] with Wholegrain Rice • Sugar Free Pear & Berry Crumble and Custard (G)(M)
PM Snack	Cheese and Crackers (G)(M)	Pepper and Carrot Crudités	Breadsticks with Hummus (G)(SE)	Fruit	Rice Cakes
Light Tea	Savoury Scone with Peppers and Cucumber Crudités, Cream Cheese & Hummus (G)(M)(SE) • Seasonal Fruit with Natural Yoghurt (M)	Potato, Leek & Cannellini Bean Soup with Wholemeal Bread (G) • Cheese and Apple Slices (M)	Tuna [Chickpea Mash] or Cheese Sandwiches with Tomato and Beetroot Crudités (F)(G)(M)(MU)(SY) • Seasonal Fruit with Natural Yoghurt (M)	Mixed Bean Pasta Bake (G) • Fresh Fruit Salad	Turkey [Mixed Bean] Quesadilla with Sour Cream Dip (G)(M) • Fresh Fruit Salad

Allergens:

Celery (CE) Egg (E) Gluten (G) Fish (F) Lupin (L) Milk (M) Mustard (MU) Nuts (N)

Peanuts (PN) Sesame (SE) Shellfish (Crustaceans and Molluscs) (SF) Soy (SY) Sulphites (SU)

All dietary requirements are catered for - [vegetarian alternatives where specified]

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Autumn to Winter : Week 2

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Broccoli & Pepper Purée	Carrot & Cauliflower Purée	Parsnip & Carrot Purée	Squash & Pepper Purée	Lentil & Potato Purée
Light Tea	Apple Purée	Blueberry Purée with Natural Yoghurt (M)	Banana Purée	Pear Purée	Apple Purée with Natural Yoghurt (M)

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Clementine Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Peach Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Mandarin Slices (G)(M)
Lunch Second dish for children aged 10-12 months only	Pitta Breads with Dips (G) • Tuna [Chickpea] Pasta Bake with Cucumber Sticks (F)(G)	Roast Chicken [Quorn] and Mashed Potatoes, Carrot with Broccoli Florets • Seasonal Fruit Purée with Natural Yoghurt (M)	Beef [Lentil] Bolognese and Wholewheat Pasta with Pepper Sticks (G) • Fresh Fruit Salad	Chickpea & Butternut Squash Curry and Wholegrain Rice with Cauliflower Florets • Sugar Free Apple & Date Oaty Crumble (G)	Ham [Lentil], Cheese and Broccoli Potato Bake with Carrot Crudités (M) • Fresh Fruit Salad
Light Tea Second dish for children aged 10-12 months only	Lentil & Vegetable Soup with Wholemeal Bread Fingers (G)(SY) • Seasonal Fruit with Natural Yoghurt (M)	Vegetable & Bean Pasta Bake with Cucumber Crudités (G) • Bananas with Sugar Free Custard (M)	Homemade Beans and Mashed Potato with Brown Bread Fingers (G)(SU)(SY) • Cheese and Pear Slices (M)	Mixed Bean Chilli and Tortilla Triangles with Pepper Crudités (G) • Fresh Fruit Salad	Sweet Potato & Chickpea Mash with Roasted Courgette Fingers • Seasonal Fruit Purée with Natural Yoghurt (M)

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Babies under 12 months don't need snacks, but finger foods are available alongside meals.

Extra milk feeds will be offered if a child appears hungry between meals.

1-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Clementine Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Peach Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Mandarin Slices (G)(M)(SY)
AM Snack	Rice Cakes	Cream Crackers with Cheese (G)(M)	Fruit	Oat Cakes with Cream Cheese (G)(M)	Crispbreads (G)
Lunch	Pitta Breads with Dips (G) • Tuna [Chickpea] Pasta Bake (F)(G)	Roast Chicken [Quorn] with Roasted Potatoes, Carrot and Broccoli • Seasonal Fruit Purée with Natural Yoghurt (M)	Beef [Lentil] Bolognese with Wholewheat Pasta (G) • Fresh Fruit Salad	Chickpea & Butternut Squash Curry with Wholegrain Rice • Sugar Free Apple & Date Oaty Crumble and Custard (G) (M)	Ham [Lentil], Cheese and Broccoli Potato Bake (M) • Fresh Fruit Salad
PM Snack	Carrot and Cucumber Crudités	Fruit	Breadsticks with Cream Cheese (G)	Fruit	Carrot and Pepper Crudités
Light Tea	Lentil & Vegetable Soup with Wholemeal Bread Fingers (G)(SY) • Seasonal Fruit with Natural Yoghurt (M)	Egg or Cheese Wraps with Celery and Cucumber Crudités (CE)(E)(G)(M)(MU) (SY) • Bananas with Sugar Free Custard (M)	Homemade Beans with Potato Wedges (SU) • Cheese and Pear Slices (M)	Mixed Bean Chilli with Tortilla Crisps (G) • Fresh Fruit Salad	Savoury Cheese Scone with Hummus and Cucumber Crudités (G)(M)(SE) • Seasonal Fruit Purée with Natural Yoghurt (M)

Allergens:

Celery (CE) Egg (E) Gluten (G) Fish (F) Lupin (L) Milk (M) Mustard (MU) Nuts (N)

Peanuts (PN) Sesame (SE) Shellfish (Crustaceans and Molluscs) (SF) Soy (SY) Sulphites (SU)

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Autumn to Winter: Week 3

6 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spinach & Lentil Purée	Parsnip & Onion Purée	Broccoli & Cauliflower Purée	Tomato & Swede Purée	Carrot & Courgette Purée
Light Tea	Blueberry Purée with Natural Yoghurt	Banana Purée with Natural Yoghurt	Apple Purée	Banana Purée	Pear Purée

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Pear Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Clementine Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Satsuma Slices (G)(M)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (G)(M)
Lunch Second dish for children aged 10-12 months only	Lentil & Spinach Curry and Wholegrain Rice with Pepper Sticks • Fresh Fruit Salad	Potato Topped Chicken [Lentil & Vegetable] Pie with Parsnip Sticks • Seasonal Fruit with Natural Yoghurt (M)	Roast Turkey [Lentil Bake] and Mashed Potato with Parsnips and Broccoli Florets • Cheese and Apple Slices (M)	Flatbreads with Cream Cheese (G)(M) • Mediterranean Salmon [Butterbean] Pasta with Cauliflower Florets (F)(G)	Middle Eastern Style Beef [Black Bean] Casserole and Couscous with Carrot Sticks (G) • Stewed Apples with Sugar Free Custard (M)
Light Tea Second dish for children aged 10-12 months only	Sweet Potato Mash with Wedges and Hummus (SE) • Seasonal Fruits with Natural Yoghurt (M)	Tuna [Chickpea Mash] Pasta Bake with Pitta Fingers (F)(G)(MU) • Sugar Free Rice Pudding with Berries (M)	Ham [Cannellini Bean] Swede and Tomato Bake with Carrot Crudités (G)(M) • Fresh Fruit Salad	Chickpea & Cannellini Bean Mash and Couscous with Pepper Crudités (G) • Seasonal Fruits with Natural Yoghurt (M)	Cheesy Bean Mash with Wholemeal Bread Fingers (G)(M)(SY) • Fresh Fruit Salad

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Extra milk feeds will be offered if a child appears hungry between meals.

1-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Clementine Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Satsuma Slices (G)(M)(SY)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (G)(M)(SY)
AM Snack	Oatcakes (G)(M)	Carrot and Pepper Crudités	Rice Cakes	Fruit	Crispbreads with Cream Cheese (M)
Lunch	Lentil & Spinach Curry with Wholegrain Rice • Fresh Fruit Salad	Potato Topped Chicken [Lentil & Vegetable] Pie with Peas and Sweetcorn • Seasonal Fruit with Natural Yoghurt (M)	Roast Turkey [Lentil Bake] with Roasted Potatoes, Parsnips and Broccoli • Cheese and Apple Slices (M)	Flatbreads with Cream Cheese (G)(M) • Mediterranean Salmon [Butterbean] Pasta with Peas (F)(G)	Middle Eastern Style Beef [Black Bean] Casserole with Couscous (G) • Stewed Apples with Sugar Free Custard (M)
PM Snack	Fruit	Cream Crackers with Cheese (G)(M)	Fruit	Breadsticks with Hummus (G)(SE)	Fruit
Light Tea	Sweet & White Potato Wedges with Hummus (SE) • Seasonal Fruits with Natural Yoghurt (M)	Tuna [Chickpea Mash] Pitta Breads with Cucumber Crudités (F)(G)(MU) • Sugar Free Rice Pudding with Berries (M)	Ham [Cannellini Bean] and Sweetcorn Pizza with Carrot Crudités (G)(M) • Fresh Fruit Salad	Cannellini Bean Savoury Muffins with Pepper Crudités (G)(M) • Seasonal Fruit with Natural Yoghurt (M)	Mexican Style Cheesy Bean Wraps (G)(M) • Fresh Fruit Salad

Allergens:

Celery (CE) Egg (E) Gluten (G) Fish (F) Lupin (L) Milk (M) Mustard (MU) Nuts (N)

Peanuts (PN) Sesame (SE) Shellfish (Crustaceans and Molluscs) (SF) Soy (SY) Sulphites (SU)

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