

Red Bus Menu

Spring to Summer: Week 1



6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Carrot & Pea Puree	Cauliflower & Broccoli Puree	Spinach & Mushroom Puree	Pepper & Cannellini Bean Puree	Courgette & Carrot Puree
Light Tea	Apple Puree	Rhubarb Puree with Natural Yoghurt	Banana Puree	Blueberry Puree with Natural Yoghurt	Pear Puree

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pineapple Fingers (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)
Lunch Second dish for children aged 10-12 months only	Lentil & Pea Wholemeal Macaroni Cheese, with Pepper Sticks (M)(G) • Fruit Salad	Roast Chicken (Lentil Bake) with Boiled Potatoes and Vegetables, with Broccoli Florets • Rhubarb Fool (M)	Pitta Fingers with Spinach Hummus (G)(SE) • Vietnamese Beef (Black Bean) Stew and Wholemeal Noodles, with Carrot Sticks (G)(CE)	Fish (Butterbean) and Vegetable Curry with Rice, with Cauliflower Florets (F) • Fruit Salad	Mediterranean Chicken (Mixed Beans) and Couscous, with Courgette Sticks (G)(CE) • Bananas with Sugar Free Custard (M)
Light Tea Second dish for children aged 10-12 months only	Potato, Broccoli & Ham (Vegan Ham) Bake, with Beetroot and Tomato • Sugar Free Apple Crumble (G)	Chicken (Cannellini Bean) & Cottage Cheese Pasta, with Cucumber Sticks (M)(G) • Melon Platter	Tuna Mayo (Chickpea Coleslaw) Mashed Potatoes with Cucumber Sticks (F)(MU) • Natural Yoghurt with Peaches (M)	Homemade Mixed Beans, with Wholemeal Bread Fingers (SU)(SY)(G) • Natural Yoghurt with Summer Berry Compote (M)	Homemade Pesto and Lentil Pasta Salad, with Pepper Sticks (G) • Cheese Slices with Strawberries (M)

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 Apple Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Satsuma Segments (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Blueberries (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (SY)(M)(G)
AM Snack	Fruit	Crispbread Crackers with Cream Cheese (M)(G)	Fruit	Oatcakes (G)	Fruit
Lunch	Lentil & Pea Wholemeal Macaroni Cheese (M)(G) • Fruit Salad	Roast Chicken (Lentil Bake) with Roast Potatoes and Mixed Seasonal Vegetables • Rhubarb Fool (M)	Pitta Fingers with Spinach Hummus (G)(SE) • Vietnamese Beef (Black Bean) & Carrot Stew with Wholemeal Noodles (G)(CE)	Fish (Butterbean) & Vegetable Curry with Rice (F) • Fruit Salad	Mediterranean Chicken (Mixed Beans) with Couscous (G)(CE) • Bananas with Sugar Free Custard (M)
PM Snack	Rice Cakes	Fruit	Cream Crackers with Cheese (M)(G)	Fruit	Breadsticks with Herby Dip (MU)(G)
Light Tea	Wholemeal Wraps with Ham (Vegan Ham) or Cream Cheese with Beetroot and Tomato Crudités (M)(G) • Sugar Free Apple Crumble (G)	Cannellini Bean Scones with Cottage Cheese and Cucumber Crudités (M)(G)(E) • Melon Platter	Tuna Mayo (Chickpea Coleslaw) Jacket Potatoes (F)(MU) • Natural Yoghurt with Peaches (M)	Homemade Mixed Beans on Wholemeal Toast (SU)(SY)(G) • Natural Yoghurt with Summer Berry Compote (M)	Homemade Pesto and Lentil Pasta Salad (G) • Cheese Slices with Strawberries (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)

All dietary requirements are catered for - (vegetarian alternatives where specified)

Red Bus Menu

We ♥ healthy eating



Spring to Summer: Week 2

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pepper & Spinach Puree	Chickpea & Cauliflower Puree	Carrot & Pea Puree	Sweet Potato & Courgette Puree	Broccoli & Potato Puree
Light Tea	Rhubarb Puree with Natural Yoghurt	Peach Puree	Apple Puree	Pear Puree	Raspberry Puree with Natural Yoghurt

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pineapple Fingers (M)(G)
Lunch Second dish for children aged 10-12 months only	Flatbread with Raita (M)(G) • Creamy Coconut & Chickpea Curry and Wholegrain Rice, with Pepper Sticks	Mexican Style Beef (Mixed Bean) Pasta Bake, with Carrot Sticks (G) • Natural Yoghurt with Summer Fruit (M)	Roast Chicken (Lentil Bake) with Boiled Potatoes and Vegetables, with Pepper Sticks • Natural Yoghurt with Blueberries (M)	Vegetable & Chickpea Tagine and Couscous, with Courgette Sticks (G) • Berry Fruit Platter	Lemon & Herb White Fish (Quorn Pieces) Bake and New Potatoes, with Broccoli Florets (F) • Fruit Salad
Light Tea Second dish for children aged 10-12 months only	Mashed Potatoes with Homemade Mixed Beans, with Bread Fingers (SY)(G)(SU) • Rhubarb with Sugar Free Custard (M)	Chickpea, Cauliflower Cheese & Potato Bake, with Cucumber Sticks (M) • Fruit Salad	Tuna Mayo (Chickpea Mash) Pasta, with Tomato and Carrot Sticks (MU)(G)(F) • Cheese and Pear Slices (M)	Pork (Lentil) and Vegetable Pasta Bake, with Cauliflower Florets (G) • Natural Yoghurt with Summer Fruit (M)	Chicken and Sweetcorn (Sweetcorn and Hummus) Pasta, with Beetroot (G) • Melon Platter

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1-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Peach Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Apple Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Satsuma Segments (SY)(M)(G)
AM Snack	Fruit	Rice Cakes	Cucumber and Pepper Crudités	Toasted Tortilla Crisps with Guacamole (G)	Fruit
Lunch	Flatbread with Raita (M)(G) • Creamy Coconut & Chickpea Curry with Wholegrain Rice	Mexican Style Beef (Mixed Bean) Pasta Bake (G) • Natural Yoghurt with Summer Fruit (M)	Roast Chicken (Lentil Bake) with Roast Potatoes and Mixed Seasonal Vegetables • Natural Yoghurt with Blueberries (M)	Vegetable & Chickpea Tagine with Couscous (G) • Berry Fruit Platter	Lemon & Herb White Fish (Quorn Pieces) Bake with New Potatoes and Broccoli (G)(F) • Fruit Salad
PM Snack	Oatcakes (G)	Carrot and Cucumber Crudités	Breadsticks with Hummus (G)(SE)	Fruit	Crispbread Crackers with Cream Cheese (M)(G)
Light Tea	Potato Wedges with Homemade Mixed Beans (SU) • Rhubarb with Sugar Free Custard (M)	Chickpea, Cauliflower Cheese & Potato Bake (M) • Fruit Salad	Tuna or Egg Mayo (Chickpea Mash) Bagel with Tomato and Carrot Crudités (G)(F)(MU)(E) • Cheese and Apple Slices (M)	Pork (Lentil) and Vegetable Pasta Bake (G) • Natural Yoghurt with Summer Fruit (M)	Chicken and Sweetcorn (Sweetcorn and Hummus) Pizza with Beetroot Crudités (M)(G) • Melon Platter

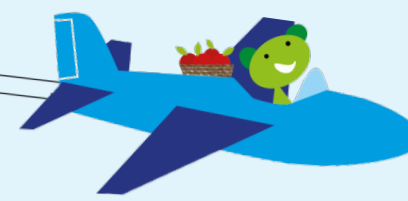
Allergens:

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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Spring to Summer: Week 3

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato & Cauliflower Puree	Butternut Squash & Lentil Puree	Broccoli & Pea Puree	Potato & Carrot Puree	Pepper & Courgette Puree
Light Tea	Blueberry Puree with Natural Yoghurt	Pear Puree	Rhubarb Puree with Natural Yoghurt	Banana Puree	Apple Puree

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Pineapple Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)
Lunch Second dish for children aged 10-12 months only	Lentil & Chickpea Pie, with Cauliflower Florets (G)(M) • Natural Yoghurt with Seasonal Fruit (M)	Oat Crackers with Hummus (SE)(G) • Turkey (Plant Based) Meatballs and Couscous, with Pepper Sticks (G)(E)	Wholemeal Pasta Salmon (Mixed Bean) Bake, with Broccoli Florets (G)(F)(M) • Sugar Free Rhubarb Crumble (G)	Roasted Beef (Lentil Bake) with Boiled Potatoes and Vegetables, with Courgette Sticks • Fruit Salad	Chicken (Chickpea and Spinach) Curry and Brown Rice, with Cucumber Sticks • Natural Yoghurt with Raspberries (M)
Light Tea Second dish for children aged 10-12 months only	Tuna (Chickpea) Pasta Salad, with Cucumber Sticks (M)(G)(F) • Pears with Sugar Free Custard (M)	Carrot, Squash, Lentil & Coriander Soup, with Wholemeal Bread Fingers (SY)(G)(CE) • Melon Platter	Cannellini Bean, Tomato and Potato Bake, with Pepper Sticks • Fruit Salad	Cheesy Chicken (Chickpea) Pasta, with Carrot Sticks (M)(G) • Natural Yoghurt with Seasonal Fruit (M)	Potato Salad and Sliced Meats (Mushroom and Cannellini Potato Salad) with Carrot Sticks (MU) • Fruit Salad

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AM Snack	Breadsticks and Cream Cheese (M)(G)	Cucumber and Pepper Crudités	Crispbread and Cottage Cheese (M)(G)	Fruit	Oatcakes (G)
Lunch	Lentil & Chickpea Pie with Green Beans and Sweetcorn (G) • Natural Yoghurt with Seasonal Fruit (M)	Oat Crackers with Hummus (SE)(G) • Turkey (Plant Based) Meatballs with Couscous (G)(E)	Wholemeal Pasta Salmon (Mixed Bean) Bake with Broccoli (G)(F)(M) • Sugar Free Rhubarb Crumble (G)	Roasted Beef (Lentil Bake) with Roast Potatoes and Mixed Vegetables • Fruit Salad	Chicken (Chickpea and Spinach) Curry with Brown Rice • Natural Yoghurt with Raspberries (M)
PM Snack	Fruit	Cream Crackers and Cheese Spread (M)(G)	Fruit	Rice Cakes	Cucumber and Carrot Crudités with Hummus (SE)
Light Tea	Tuna (Chickpea) Pasta Salad (M)(G)(F) • Pears with Sugar Free Custard (M)	Carrot, Squash, Lentil & Coriander Soup with Wholemeal Bread Fingers (SY)(G)(CE) • Melon Platter	Cannellini Bean Cornbread Loaf with Pepper Crudités (E)(G)(M) • Fruit Salad	Wholemeal Egg or Cheese Sandwiches with Carrot Crudités (M)(G)(E)(MU)(SY) • Natural Yoghurt with Seasonal Fruit (M)	Potato Salad with Sliced Meats (Mushroom and Cannellini Potato Salad) (MU) • Fruit Salad

Allergens:

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