

Ruislip Stars afternoon snack for October 2025

Monday	Homemade oat cakes
Tuesday	Crackers and cucumber slices
Wednesday	Homemade mixed fruit flapjacks
Thursday	Cheese and tomato straws
Friday	Lemon shortbread biscuits

Please check daily baby numbers to make suitable snack for them (do not include radish for babies because it will bloat)

Monday	Softened oatcakes
Tuesday	Baked sweet potato balls
Wednesday	Apple and pear sauce with crackers
Thursday	Softened cheese and tomato bites
Friday	Soft boiled carrot sticks