

Ruislip Stars Nurseries lunch and dinner menu:

Week commencing 19th January 2026

	Lunch menu	Dinner menu
Monday	Meat - Tuna macaroni cheese with carrots, peas and broccoli and green salad Veg - Vegetable macaroni cheese with carrots, peas and broccoli and green salad. Pudding - Natural yoghurt with strawberries	Vegetable rice served with tomato and cucumber in minty yoghurt
Tuesday	Meat - Lamb Mexican bean chilli with steamed rice with a grated tomato, cucumber, and carrot salad Veg - Seasonal vegetable bean chilli with steamed rice, with a grated tomato, cucumber, and carrot salad Pudding - Homemade shortbread	Vegetable ravioli with toasted garlic bread & green salad
Wednesday	Meat - Homemade lamb burger topped with red onion, lettuce, and tomato Veg - Aubergine, courgette, and potato burger topped with red onion, lettuce, and tomato Pudding - Fruit salad	Veggie fingers and oven roasted potato chips with tzatziki dip & green salad
Thursday	Meat - Fish cakes with sweet potato mash, peas and sweetcorn Veg - Cauliflower and broccoli fish style cakes with sweet potato mash, peas and sweetcorn Pudding - Banana bread with custard	Veggie loaded spaghetti bolognaise with cucumber and carrot salad
Friday	Meat - Chicken and potato pilau rice with Raita and salad Veg - Chickpea and potato pilau rice with Raita and salad Pudding - Homemade apple cake	Tomato and basil pasta with a crunchy green salad