

Ruislip Stars Nurseries lunch and dinner menu:

Week commencing 19th January 2026

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