

Ruislip Stars monthly menu – breakfast & snacks



March 2026

| Am snack | |
|-----------|------------------------|
| Monday | Banana oat cookies |
| Tuesday | Lemon shortbread |
| Wednesday | Strawberry oat cookies |
| Thursday | Orange shortbread |
| Friday | Apple & pear scone |

| Pm snack | |
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| Monday | Breadsticks & carrot sticks Babies - Sweet potato humus |
| Tuesday | Crackers and cucumber sticks Babies - Grated cucumber and carrot salsa |
| Wednesday | Homemade cheese sticks Babies - Softened cheese sticks |
| Thursday | Spinach and sweetcorn muffins Babies – Spinach and sweetcorn bites |
| Friday | Crackers & tomatoes Babies – Sweet potatoes humus |

| Breakfast | |
|-----------|--|
| Monday | Choice of Weetabix or cornflakes with selection of mixed fruit and toast |
| Tuesday | Baked beans, breakfast potatoes on toast with a selection of fresh cut fruit |
| Wednesday | Vanilla and cinnamon French toast with fresh fruit and yoghurt |
| Thursday | Porridge with toast and a selection of fresh cut fruit |
| Friday | Banana pancakes served with fruit mixed in yoghurt |