

Ruislip Stars monthly menu – breakfast & snacks

**May 2026**

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

Am snack	
Monday	Lemon muffins
Tuesday	Banana and pear scones
Wednesday	Orange zest shortbread
Thursday	Carrot and oat muffins
Friday	Blueberry scones
Pm snack	
Monday	Carrot batons and breadsticks
Tuesday	Cheesy straws
Wednesday	Apple scones with cheese
Thursday	Cucumber slices and crackers
Friday	Fruity flapjack