

Ruislip Stars Nurseries lunch and dinner menu:

Week commencing 6th July 2026

	Lunch menu	Dinner menu
Monday	Meat – Steamed cod in tomato and pepper sauce with broccoli, green peas, and herb potatoes Veg - Grilled aubergine and courgette balls in tomato and pepper sauce with broccoli, green peas, and herb potatoes	<i>Three bean chilli served with white rice and beetroot and tomato chutney</i>
Tuesday	Meat - Homemade chicken nuggets with steamed carrots, peas, and sautéed potatoes Veg - Homemade zucchini, carrot, and potato nuggets - served with steamed carrots, peas, and sautéed potatoes	<i>Roasted vegetable pasta in homemade tomato sauce served with beetroot and carrot salsa</i>
Wednesday	Meat- Spaghetti bolognaise with beetroot and carrot salad Veg- Vegetarians bolognaise with beetroot and carrot salad	<i>Vegetable fingers, with mashed potatoes and mixed bean salad</i>
Thursday	Meat - Freshly made chicken and veggie pizzas served with crunchy green salad Veg - Freshly made veggie pizzas served with crunchy green salad	<i>Vegetable rice served with minty raita</i>
Friday	Meat - Homemade creamy lamb lasagne served with green salad Veg - Homemade creamy vegetarian lasagne served with green salad	<i>Sweet potato burgers with rainbow salad and chips</i>