

## Ruislip Stars monthly menu – breakfast & snacks

**July 2026**

| Breakfast |                                                                          |
|-----------|--------------------------------------------------------------------------|
| Monday    | Banana pancakes served with mixed fruit and yoghurt                      |
| Tuesday   | Baked beans on toast with selection of mixed fruit                       |
| Wednesday | Choice of Weetabix or cornflakes with selection of mixed fruit and toast |
| Thursday  | Mixed fruit smoothie with French toast and selection of cut fruit        |
| Friday    | Porridge served with fruit salad                                         |

| Am snack  |                                              |
|-----------|----------------------------------------------|
| Monday    | Mini cheese scones                           |
| Tuesday   | Lemon shortbread                             |
| Wednesday | Strawberry shortbread                        |
| Thursday  | Apple & pear scone                           |
| Friday    | Carrot cake muffins                          |
| Pm snack  |                                              |
| Monday    | Crackers with carrot dip                     |
| Tuesday   | Homemade cottage cheese with cucumber batons |
| Wednesday | Cheese twists                                |
| Thursday  | Tzatziki served with warm pitta              |
| Friday    | Mixed fruit flapjacks                        |