

# Please record serving temperatures against each meal

Ruislip Stars Mealtime Menu - 15/04/2024



Fridge temp.	Day	Meal type	Lunch	Serving temp.	Dinner	Serving temp.
AM	Mon	Meat	Creamy chicken and spinach pasta served with garlic bread and green salad		Stuffed vegetable pancakes with cucumber and grated carrot salad	
		Veg	Creamy vegetable and spinach pasta, served with garlic bread and green salad			
PM		Dessert	Fruit and jelly			
AM	Tue	Meat	Spring chicken casserole with carrot, potato, leek mixed with gravy, mixed herbs & black pepper		Vegetable burgers with potatoes in parsley butter, peas, and sweetcorn	
		Veg	Vegetable casserole with sweetcorn, aubergines carrot, potato, leek mixed with gravy, mixed herbs & black pepper			
PM		Dessert	Poached pears served with custard			
AM	Wed	Meat	Creamy fish pie served with green beans		Vegetarian lasagne served with fresh garden salad	
		Veg	Mushroom and aubergine pie served with green beans			
PM		Dessert	Mixed fruit with fresh yoghurt			
AM	Thur	Meat	Potato layered minted hotpot served with steamed broccoli and peas		Veggie fingers, with homemade sweet potato wedges served with salad	
		Veg	Vegetable and potato layered minted hotpot served with steamed broccoli and peas			
PM		Dessert	Warm custard with bananas			
AM	Friday	Meat	Salmon and dill burgers served with lettuce and tomato salad with sweetcorn and sweet potato wedges		Crispy vegetable noodles with crunchy green salad	
		Veg	Vegetable burgers served with lettuce and tomato salad with sweetcorn and sweet potato wedges.			
PM		Dessert	Home made oat and chocolate chip cookies			
Breakfast:		Monday	Weetabix or cornflakes with fresh fruit salad	Note milk is served along with breakfast at room temperature.  Baby morning snack is provided separately		
		Tuesday	Buttery toast, with beans and fresh fruit			
		Wednesday	Porridge with toast and fresh fruit salad			
		Thursday	French toast with fresh fruit and milk			
		Friday	Homemade pancakes with fruit flavoured milk			
Morning Snack				Milk- selection of freshly cut fruit, raisins		
Afternoon snack - snacks are rotated daily from the list shown across:				Milk - raw cut vegetables - cucumber sticks, carrots sticks and tomatoes, cheesy straws, popcorn, raisins, and muffins		
Baby snack is provided separately and is noted on your Dayshare						