

Please record serving temperatures against each meal

Ruislip Stars Mealtime Menu – 15th July 2024



Fridge temp.	Day	Meal type	Lunch	Serving temp.	Dinner	Serving temp.
AM	Mon	Meat	Creamy chicken and mushroom pasta served with green salad		Moroccan chickpea and vegetable tagine served with couscous	
		Veg	Creamy vegetable and mushroom pasta, served with green salad			
		Dessert	Bananas and custard			
AM	Tue	Meat	Spring chicken and apricot curry served with steamed rice and minty yoghurt		Crispy vegetable noodles with crunchy green salad	
		Veg	Mixed vegetable and apricot curry served with steamed rice and minty yoghurt			
		Dessert	Sliced grapes and melon			
AM	Wed	Meat	Tuna and potato fishcakes with tomato relish and hand cut chips		Macaroni Cheese with green salad and garlic bread	
		Veg	Mixed vegetable and potato fishcakes with tomato relish and hand cut chips			
		Dessert	Homemade oat and chocolate chip cookies			
AM	Thur	Meat	Homemade creamy lamb lasagne served with green salad		Vegetable fingers, with mashed potatoes and mixed bean salad	
		Veg	Homemade creamy vegetarian lasagne served with green salad			
		Dessert	Semolina with strawberries			
AM	Friday	Meat	Chicken Tikka patties with mango chutney and sweet potato wedges		Chickpea and vegetable biryani served with raita	
		Veg	Vegetable patties with mango chutney and sweet potato wedges			
		Dessert	Mixed fruit with fresh yoghurt			
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 and popcorn, raisins, and muffins		
Baby snack is provided separately and is noted on your Dayshare						