

# Please record serving temperatures against each meal

## Ruislip Stars Mealtime Menu - 19th August 2024



Fridge temp.	Day	Meal type	Lunch	Serving temp.	Dinner	Serving temp.		
AM	Mon	Meat	Chicken and vegetable rice served with mint raita		Roasted vegetable pasta in homemade tomato sauce served with beetroot and carrot salsa			
		Veg	Vegetable rice served with mint raita					
PM			Dessert	Homemade shortbread				
AM	Tue	Meat	Spaghetti bolognese with beetroot and carrot salad Chilli con carne served with white rice		Vegetable wraps with potatoes in parsley butter, peas, and sweetcorn			
		Veg	Vegetarians bolognese with beetroot and carrot salad					
PM			Dessert	Fresh fruit salad				
AM	Wed	Meat	Chilli con carne served with white rice		Cheesy vegetable rolls with herb potato salad			
		Veg	Vegetarian chilli served with white rice					
PM			Dessert	Banana loaf with warm custard				
AM	Thur	Meat	Lamb lasagne served with mixed green salad		Leek and potato Bolani with broccoli and cauliflower pakora bites			
		Veg	Vegetarian lasagne served with mixed green salad					
PM			Dessert	Chocolate chip and strawberry flapjack				
AM	Friday	Meat						
		Veg						
PM			Dessert					
		Breakfast:	MON	TUES	WED	THURS	FRI	
		Please record temperature of porridge served.					Selection of cereals - Weetabix, shredded wheat, cornflakes or porridge, wholemeal toast served with olive butter, choice of cut fruit and plain unsweetened yoghurt- drinks -milk and or water	
		Note: Milk is served at room temperature.						
		Morning Snack					Milk- selection of freshly cut fruit, raisins	
		Afternoon snack					Milk - raw cut vegetables - cucumber sticks, carrots sticks and tomatoes	