

Please record serving temperatures against each meal

Ruislip Stars Mealtime Menu - 01/04/2024



Fridge temp.	Day	Meal type	Lunch	Serving temp.	Dinner	Serving temp.
AM	Mon	Meat				
		Veg				
PM		Dessert				
AM	Tue	Meat	Chilli con carne served with bruschetta		Vegetarian shepherd's pie with crunchy green salad	
		Veg	Vegetarian chilli con carne served with bruschetta			
PM		Dessert	Fresh fruit in jelly			
AM	Wed	Meat	Homemade cod fish and chips and mushy peas		Cheesy vegetable rolls with herb potato salad	
		Veg	Homemade veggie goujons with chips and mushy peas			
PM		Dessert	Butternut pastries			
AM	Thur	Meat	Homemade chicken burger topped with red onion, lettuce, and tomato served with oven roasted herb potatoes		Jacket potato with a three bean and bell pepper sauce (with cannellini, kidney, and butter beans)	
		Veg	Aubergine, courgette, and potato burger topped with red onion, lettuce, and tomato served with oven roasted herb potatoes			
PM		Dessert	Rice pudding			
AM	Friday	Meat	Spaghetti bolognese with beetroot and carrot salad		Pineapple, sweetcorn, and pepper fried rice	
		Veg	Vegetarians bolognese with beetroot and carrot salad		Served with homemade coleslaw	
PM		Dessert	Semolina with Strawberries			
Breakfast:		MON	TUES	WED	THURS	FRI
Please record temperature of porridge served.			Daily menu - appendix A inc choice of cereals, fruity porridge, banana pancakes, fruit yoghurt, banana & strawberry home made muffins, eggy toast all with a selection of fruit, and milk or water to drink.			
Note: Milk is served at room temperature.			Milk- selection of freshly cut fruit, raisins			
Morning Snack			Monthly menu for this - see appendix B			
Afternoon snack						