

Please record serving temperatures against each meal

Ruislip Stars Mealtime Menu - 06/05/2024



Fridge temp.	Day	Meal type	Lunch	Serving temp.	Dinner	Serving temp
AM	Mon	Meat				
		Veg				
PM		Dessert				
AM	Tue	Meat	Spring chicken and vegetable rice served with minty raita		Vegetable and bean fritters with homemade coleslaw and herby potatoes	
		Veg	Vegetable rice served with minty raita			
PM		Dessert	Homemade cake and custard			
AM	Wed	Meat	Home made lamb kebabs with rainbow chips (potato and sweet potatoes) served with garden salad		Roasted vegetable fingers with beans and dauphinoise potatoes	
		Veg	Home made vegetable kebabs with rainbow chips (potato and sweet potatoes) served with garden salad			
PM		Dessert	Homemade creamy rice pudding			
AM	Thur	Meat	Chicken Chow Mein served with courgette fritters.		Garlic broccoli and sweetcorn tomato spaghetti with mixed bean salad	
		Veg	Vegetable Chow Mein served with courgette fritters			
PM		Dessert	Banana fritters served with ice cream			
AM	Friday	Meat	Creamy chicken and sweetcorn pastry rolls served with carrot and beetroot salad and hand cut chips		Veggie finger wraps with garden salad and chips	
		Veg	Creamy mixed vegetable pastry rolls served with carrot and beetroot salad and hand cut chips			
		Dessert	Peaches and 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, popcorn, raisins, and muffins		
Baby snack is provided separately and is noted on your Dayshare						