



Ren Secondary 23/24

wk1



Day 1

Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Main Meals

Quorn Katsu Curry with Boiled Rice

Tomato & basil pasta(High)

Vegetable/salad

Carrots (High)

Mixed salad

Broccoli(High)

Fruit/bread

apple portion

Wholemeal Bread Rolls

Day 2

Soup/Dessert

Lentil Soup Ren (High)

Reduced sugar yoghurt

Scotch Broth soup

Main Meals

Salmon fillet with Lemon Butter & new potatoes

Mac & Cheese (High) with crusty bread

Vegetables/Salad

Peas (High)

Green Beans

Mixed salad

Fruit/Bread

Wholemeal Bread Rolls

Day 3

Soup/Dessert

Reduced sugar yoghurt

Carrot & Coriander Soup (HIGH)

Lentil Soup Ren (High)

Main Meals

Sweet Chili Oriental Vegetables with Noodles

Flame grilled chicken pitta with spicy salsa

Vegetables/Salad

Broccoli(High)

Sweetcorn (High)

Mixed salad

Fruit /Bread

banana primary portion

Day 4

Soup/Dessert

Leek & Potato Soup (high)

Reduced sugar yoghurt

Lentil Soup Ren (High)

Main Meals

Italian Spicy Pasta

Chicken & veg pie with new potatoes

Vegetable/Salad

Swede

Cauliflower(High)

Mixed salad

Fruit/Bread

Apple and Grape Bags

Day 5

Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Main Meals

Vegan sausage roll and oven chips

Fish & Chips (High)

Vegetable/Salad

Peas (High)

Mixed salad

Beans

Fruit/Bread

Wholemeal Bread Rolls

watermelon primary portion

apple portion

Wholemeal Bread Rolls

Wholemeal Bread Rolls
