

SECONDARY MENUS 2019/2020 RENFREW

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Potato and Leek Soup	Tomato and Basil Soup	Lentil Soup	Mushroom Soup	
Choice 1	Fish Finger Wrap with Garlic Mayo and Chips	Spaghetti Bolognaise	Chicken in Gravy with Mash and Yorkshire Pudding	Sweet Chilli Chicken with Oriental Veg and Noodles	Dressed Fish and Chips
Choice 2	Cheese Omelette and Chips	Vegetable Curry with Savoury Rice	Quorn Sausage in Gravy with Mash and Yorkshire Pudding	Macaroni Cheese	Loaded Potato Skins served with Salad and Slaw
Vegetables	Carrots and Peas	Broccoli and Cauliflower Florets	Seasonal Cabbage and Mashed Turnip	Carrots and Sliced Green Beans	Peas and Sweetcorn
Deli	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken
Jacket Potato	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Grab n Go	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables
Dessert	Chocolate Cookie, Fruit Yoghurt	Shortbread, Fruit Yoghurt	Chocolate Ring Doughnut, Fruit Yoghurt	Iced Fairy Cake, Fruit Yoghurt	Krispie Cake, Fruit Yoghurt
Extras	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection
Drinks	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Minestrone Soup	Sweet Potato and Lentil Soup	Sweetcorn and Noodle Soup	Tomato Soup	
Choice 1	Pork Bangers and Mash	Turkey Burger in a Seeded Bun with Baked Wedges	Hoisin Beef served with Noodles	Homemade Cottage Pie	Dressed Fish and Chips
Choice 2	Gnocchi Bake and Garlic Bread	Vegetable Risotto	Piri Piri Quorn in a Pitta Bread	Creamy Pasta and Leek Bake	Veggie Burger in a Seeded Bun with Chips
Vegetables	Peas and Baked Beans	Carrot Batons and Broccoli Florets	Seasonal Mixed Veg	Broccoli and Cauliflower Florets	Peas and Sweetcorn
Deli	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken
Jacket Potato	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Grab n Go	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables
Dessert	Plain Cookie, Fruit Yoghurt	Empire Biscuit, Fruit Yoghurt	Krispie Cake, Fruit Yoghurt	Chocolate Ring Doughnut, Fruit Yoghurt	Shortbread, Fruit Yoghurt
Extras	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection
Drinks	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice
	All Soups are Homemade and served with a selection of Bread				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Potato Soup	Vegetable Broth	Tomato and Red Pepper Soup	Lentil Soup	
Choice 1	Creamy Salmon and Broccoli Pasta with Crusty Bread	Homemade Chicken Goujons with Sweet and Sour Sauce with Fried Rice	Scottish Minced Beef with Mashed Potatoes	Homemade Cottage Pie	Dressed Fish and Chips
Choice 2	BBQ Quorn Wraps with Rice	Sweet and Sour Vegetarian Spring Roll with Fried Rice	Vegetarian Meatballs in a Tomato Sauce with Pasta	Quorn Casserole with New Potatoes	Quorn Sausages and Chips
Vegetables	Carrots and Broccoli Florets	Sweetcorn and Peas	Carrots and Green Beans	Broccoli Florets	Peas or Baked Beans
Deli	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken
Jacket Potato	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Grab n Go	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables
Dessert	Krispie Cake, Fruit Yoghurt	Iced Shortbread, Fruit Yoghurt	Choc Ring Doughnut, Fruit Yoghurt	Chocolate Cookie, Fruit Yoghurt	Fairy Cake, Fruit Yoghurt
Extras	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection,	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection
Drinks	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice
	All Soups are Homemade and served with a selection of Bread				

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup	Lentil Soup	Potato and Leek Soup	Minestrone Soup	
Choice 1	Homemade Sausage Roll and Chips	Chicken Korma with Boiled Rice	Scottish Beef Steak Pie with Mashed Potatoes	Beef Burger in a Seeded Bun served with Potato Salad	Dressed Fish and Chips
Choice 2	Crunchy topped Macaroni Cheese	Spanish Omelette with New Potatoes	Quorn Shepard's Pie	Vegetarian Fajitas with Rice	Quorn Dippers and Chips
Vegetables	Sweetcorn	Broccoli Florets	Sliced Green Beans	Carrots and Broccoli Florets	Peas and Baked Beans
Deli	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken	Bread, Baguettes & Wraps with Cheese, Tuna, Ham & Chicken
Jacket Potato	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling	Jacket Potato with Filling
Grab n Go	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables	Panini's, Pizza & Pasta served with Salad or Vegetables
Dessert	Choc Ring Doughnut, Fruit Yoghurt	Chocolate Sponge Cakes, Fruit Yoghurt	Oat Cookie, Fruit Yoghurt	Iced Shortbread, Fruit Yoghurt	Krispie Cake, Fruit Yoghurt
Extras	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection	Fresh & Dried Fruit Selection
Drinks	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice	Water, Milk, Flavoured Milk Orange or Apple Juice
	All Soups are Homemade and served with a selection of Bread				