



# Ren Secondary 23/24

## wk2



### Day 1

#### Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

#### Mail Meals

Vegan Sausage & Mash Potato (High)

Neapolitan Pasta ( High )

#### Veg/Salad

Carrots (High)

Peas (High)

#### Bread/Fruit

Mixed salad

Wholemeal Bread Rolls

apple portion

### Day 2

#### Soup/Dessert

Lentil Soup Ren (High)

Leek & Potato Soup (high)

Reduced sugar yoghurt

#### Main Meal

Chicken Curry with Rice(High)

Mac & Cheese ( High) with crusty bread

#### Veg

Broccoli(High)

Sweetcorn (High)

#### Fruit /Bread

Mixed salad

apple portion

### Day 3

#### Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Tomato Soup

#### Main Meal

Falafel and Spinach flatbread with spicy mayo and shredded lettuce & carrot

Steak Pie with Mashed Potato

#### Veg

Green Beans

Swede

#### Fruit /Bread

Mixed salad

apple portion

### Day 4

#### Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Sweetcorn and Noodle Soup

#### Main Meal

Bean & Veg Chilli & Rice

Spanish chicken with crispy diced potato

#### Veg

Cauliflower(High)

Mixed Vegetables

#### Fruit/bread

watermelon primary portion

Mixed salad

### Day 5

#### Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

#### Main Meal

Creamy Broccoli Pasta

Fish & Chips (High)

#### Veg

Peas (High)

Baked Beans (High)

#### Fruit/Bread

Wholemeal Bread Rolls

apple portion

Mixed salad

Wholemeal Bread Rolls

Wholemeal Bread Rolls

Wholemeal Bread Rolls