



Ren Secondary 23/24

wk3



Day 1

Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Main Meals

Quorn Southern Bites with
Garlic Mayo in Wrap

Pasta & Pizza Combo

Veg

Green Beans

Carrots (High)

Bread/Fruit/Salad

apple portion

Mixed salad

Wholemeal Bread Rolls

Day 2

Soup/Dessert

Reduced sugar yoghurt

Lentil Soup Ren (High)

Potato Soup

Main Meals

Piri Piri Chicken with Savoury

Lentil & Sweet potato Curry with
Rice (High)

Veg

Sweetcorn (High)

Broccoli(High)

Bread/Fruit/Salad

banana primary portion

Wholemeal Bread Rolls

Day 3

Soup/Dessert

Lentil Soup Ren (High)

Carrot & Coriander Soup (HIGH)

Reduced sugar yoghurt

Main Meals

Mince beef & mashed potato
(High)

Mac & Cheese (High) with
crusty bread

Veg

Cabbage

Swede

Bread/Fruit/Salad

Mixed salad

apple portion

Day 4

Soup/Dessert

Vegetable Soup

Lentil Soup Ren (High)

Reduced sugar yoghurt

Main Meals

QUORN BURGER IN A BUN
and WEDGES

Chicken meatballs with pasta in
a tomato & pepper sauce

Veg

Mixed Vegetables

Broccoli(High)

Bread/Fruit/Salad

Mixed salad

apple portion

Day 5

Soup/Dessert

Lentil Soup Ren (High)

Reduced sugar yoghurt

Main Meals

Fish & Chips (High)

Spanish Omelette

Veg

Peas (High)

Baked Beans (High)

Bread/Fruit/Salad

banana primary portion

Mixed salad

Wholemeal Bread Rolls

Mixed salad

Wholemeal Bread Rolls

Wholemeal Bread Rolls