



Secondary 24/25 wk2

Ren

Monday

Soup/Dessert

Carrot & Coriander Soup - copy

Yoghurt

Main meals

Quorn Tikka Masala

Italian Spicy Pasta

Veg/Salad

Mixed salad

Mixed Vegetables

Bread/Fruit

Fruit selection

Wholemeal bread

Tuesday

Soup/Dessert

Sweetcorn and Noodle Soup

Yoghurt

Main meals

Salmon fish cake and new potatoes EDI

Mac & Cheese (High) with crusty bread

Veg/Salad

Mixed salad

Broccoli(High)

Bread/Fruit

Fruit selection

Wholemeal bread

Wednesday

Soup/Dessert

Lentil Soup Ren (High)

Yoghurt

Main meals

Chicken Curry with Rice(High)

Lentil & Sweet potato Curry & Rice (High)

Veg/Salad

Mixed salad

Cabbage

Bread/Fruit

Fruit selection

Wholemeal bread

Thursday

Soup/Dessert

Vegetable soup high (ren)

Yoghurt

Main meals

BBQ Chicken pitta with Rice

Spring rolls in chilli sauce and rice

Veg/Salad

Mixed salad

Carrots (High)

Bread/Fruit

Fruit selection

Wholemeal bread

Friday

Soup/Dessert

Tomato Soup

Yoghurt

Main meals

Fish & Chips (High)

Veggie Sausage & Chips

Veg/Salad

Mixed salad

Peas (High)

Bread/Fruit

Fruit selection

Wholemeal bread