



# Secondary 24/25 wk3

## Ren

### Monday

#### Soup/Dessert

Tomato Soup

Yoghurt

#### Main Meals

Pasta & Pizza Combo

Quorn Sweet & Chilli with Rice

#### Veg/Salad

Green Beans

Mixed salad

#### Bread/Fruit

Fruit selection

Wholemeal bread

### Tuesday

#### Soup/Dessert

Lentil Soup Ren (High)

Yoghurt

#### Main meals

Beef chilli & rice

Spicy veg noddles

#### Veg/Salad

Broccoli(High)

Mixed salad

#### Bread/Fruit

Fruit selection

Wholemeal bread

### Wednesday

#### Soup/Dessert

CAJUN CARROT&PEPPER SOUP

Yoghurt

#### Main meals

Philly cheese wrap & wedges

Vegan meatballs in tomato sauce with pasta

#### Veg/Salad

Carrots (High)

Mixed salad

#### Bread/Fruit

Fruit selection

Wholemeal bread

### Thursday

#### Soup/Dessert

Tomato Soup

Yoghurt

#### Main meals

Piri Piri chicken with savoury rice

QUORN SPAGHETTI BOLOGNAISE

#### Veg/Salad

Sweetcorn (High)

Mixed salad

#### Bread/Fruit

Fruit selection

Wholemeal bread

### Friday

#### Soup/Dessert

Leek & Potato Soup (high)

Yoghurt

#### Main meals

Fish & Chips (High)

Broccoli & cauliflower bake (high)

#### Veg/Salad

Mixed salad

Peas (High)

#### Bread/Fruit

Fruit selection

Wholemeal bread