

Two Rivers Upper School Autumn/Winter 2018 Menu

W/C 05/11 26/11 17/12 21/01 11/02 11/03 01/04

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mozzarella & Tomato Pizza**(v) with Pasta Salad**	Chicken Fillet in a Bun with Jacket Wedges	Roast Turkey with Roast Potatoes & Gravy	Mexican Beef A Mild Chilli Con Carne with Rice**	Crispy Fish & Chips Crispy Battered Pollock with Chips
Alternative Dish	Bean Burger in a Bun(v)	Creamy Broccoli & Sweetcorn Pasta**(v)	Quorn Roast(v) with Roast Potatoes & Gravy	Mac 'N' Cheese(v) Macaroni Cheese	Quorn Dippers(v) with Chips
Available Daily	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes
Today's Fresh Vegetables	Carrot Batons Peas	Roasted Vegetables	Green Beans Carrot Batons	Sweetcorn Broccoli	Peas, Carrot Batons & Baked Beans
Daily Salad Bar	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads
Desserts	Flapjack with Fruit Slices*	Crunchy Plum Crumble* with Custard	Chocolate Ice Cream with Mandarin Segments*	Brownie Cake with Banana*	Lemon Shortbread with Fruit Slices*

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian

Two Rivers Upper School Autumn/Winter 2018 Menu

W/C 12/11 03/12 07/01 28/01 25/02 18/03 08/04

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mozzarella & Tomato Pizza**(v) with Pasta Salad**	Chicken & Sweetcorn Pie with Creamy Mashed Potato	Roast Pork with Roast Potatoes & Gravy	Beef Burger with Potato Wedges	Golden Cod Fillet Fish Fingers & Chips Breaded Fish Fingers with Chips
Alternative Dish	Baked Bean & Cheese Wrap(v)	Vegetarian Sausages(v) with Creamy Mashed Potato	Cheese & Potato Bake(v) with Roast Potatoes	Vegetarian Tagine(v) Moroccan Style Vegetable Casserole with Rice**	Quorn Burger(v) with Chips
Available Daily	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes
Today's Fresh Vegetables	Sweetcorn Peas	Roasted Vegetables	Broccoli Carrot Batons	Green Beans Sweetcorn	Peas, Carrot Batons & Baked Beans
Daily Salad Bar	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads
Desserts	Vanilla Ice Cream with Fruit Slices*	Orange & Lemon Sponge Cake with Fruit Slices*	Crunchy Chocolate Biscuit with Fruit Slices*	Apple & Berry Crumble* with Custard	Flapjack with Banana & Apricot*

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian

Two Rivers Upper School Autumn/Winter 2018 Menu

W/C 19/11 10/12 14/01 04/02 04/03 25/03

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mozzarella & Tomato Pizza**(v) with Jacket Wedges	Pork Sausages with Creamy Mashed Potato	Roast Turkey with Roast Potatoes & Gravy	Beef Lasagne with a Garlic & Herb Bread Wedge	Golden Cod Or Crispy Salmon*** Fillet Fish Fingers with Chips
Alternative Dish	Baked Bean and Cheese Wrap(v)	Vegetable Lasagne **(v)	Quorn Roast(v) with Roast Potatoes & Gravy	Vegetable Korma(v) with Rice**	Quorn Sausage & Tomato Pasta Bake(v)
Available Daily	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes	A Selection of Sandwiches & Loaded Jacket Potatoes
Today's Fresh Vegetables	Green Beans Sweetcorn	Broccoli Sweetcorn	Seasonal Cabbage Carrot Batons	Roasted Vegetables	Peas, Carrot Batons & Baked Beans
Daily Salad Bar	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads	Choice of Fresh Seasonal Salads
Desserts	Strawberry Ice Cream with Fruit Slices*	Raspberry Ripple Cake with Fruit Slices*	Peach Slice* with Custard	Shortbread Fingers with Fruit Slices*	Pineapple Upside Down Cake** with Custard

Cool Water, Fresh Bread, Fruit Juice, Organic Milk, Yoghurt & Fresh Fruit served daily *Fruit Based **Wholegrain ***Oily Fish (v) Vegetarian