

FROM 1<sup>ST</sup> APRIL 2019  
DINNER MONEY WILL INCREASE  
TO £2.40 PER DAY

# Two Rivers High School Spring/Summer 2019 Menu

W/C 29/04 20/05 17/06 08/07 09/09 30/09 21/10

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Dish</b>	<b>Tomato &amp; Mozzarella Pizza(v)</b> <i>with Jacket Wedges</i>	<b>Chicken &amp; Potato Bake</b>	<b>Roast Turkey</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>BBQ Beef Meatballs</b> <i>with Wholegrain Rice**</i>	<b>Golden Cod Fish Fingers or Salmon Fish Fingers***</b> <i>with Chips</i>
<b>Alternative Choice</b>	<b>Chinese Style Veggie Noodles(v)</b>	<b>Veggie Pasta Bolognese**(v)</b>	<b>Sweet Potato &amp; Chickpea Roast(v)</b> <i>with Roast Potatoes &amp; Gravy</i>	<b>BBQ Sweetcorn Stack(v)</b> <i>(Layered Tortilla Bake) with Wholegrain Rice**</i>	<b>Vegetarian Hotdog(v)</b> <i>with Chips</i>
<b>Available Daily</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> <b>Selection of Sandwiches</b>	<b>Loaded Jacket Potatoes</b> <i>with either Cheese, Tuna, Baked Beans or Coleslaw</i> <b>Selection of Sandwiches</b>
<b>Today's Fresh Vegetables</b>	<b>Broccoli Sweetcorn</b>	<b>Green Beans Mediterranean Vegetables</b>	<b>Carrots Cabbage</b>	<b>Sweetcorn Roasted Seasonal Vegetables</b>	<b>Peas &amp; Carrots Baked Beans</b>
<b>Daily Salad Bar</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>	<b>Choice of Fresh Seasonal Salads</b>
<b>Desserts</b>	<b>Mango Frozen Yogurt</b> <i>with Fruit Slices*</i>	<b>Pineapple &amp; Peach Crumble*</b> <i>with Custard</i>	<b>Flapjack</b> <i>with Fruit Slices*</i>	<b>Brownie Cake</b> <i>with Banana*</i>	<b>Berry Chill Fruits of the Forest Mousse*</b>

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread and yogurt available daily \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian

# Two Rivers High School Spring/Summer 2019 Menu

W/C 06/05 03/06 24/06 15/07 16/09 07/10

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Vegetable Supreme Pizza**(v) with Pasta Salad	Pork Sausages with Creamed Potato	Roast Chicken with Roast Potatoes & Gravy	Pasta Bolognese**	Crispy Battered Fish (Crispy Battered Pollock) with Chips
Alternative Choice	BBQ Quorn Burger(v) with Pasta Salad	Vegetarian Sausages(v) with Creamed Potato	Cauliflower & Creamed Corn Bake(v) with Roast Potatoes	Mild Chickpea Curry(v) with Wholegrain Rice**	Baked Bean & Cheese Wrap(v) (Folded Tortilla Wrap) with Chips
Available Daily	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches
Today's Fresh Vegetables	Sweetcorn Peas	Roasted Peppers & Sweetcorn Baked Beans	Cabbage Carrots	Broccoli Sweetcorn	Peas & Carrots 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	Banana & Apricot Flapjack*	Pear Upside Down Cake* with Custard	Fruit Slice*	Oatie Biscuit with Fruit Slices*	Strawberry Frozen Yogurt with Fruit Slices*

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread and yogurt available daily \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian

# Two Rivers High School Spring/Summer 2019 Menu

W/C 13/05 10/06 01/07 02/09 23/09 14/10

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mac 'N' Cheese(v) Macaroni Cheese	Chicken & Sweetcorn Pizza with Pasta Salad	Roast Pork with Roast Potatoes & Gravy	Beef Burger with Jacket Wedges	Golden Cod Fish Fingers with Chips
Alternative Choice	Vegetable Korma(v) with Wholegrain Rice**	Cheesy Bubble & Squeak(v)	Quorn Roast(v) with Roast Potatoes & Gravy	Vegetable Lasagne(v) with a Herby Bread Wedge**	Sweet Potato & Chickpea Burger(v) with Chips
Available Daily	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches	Loaded Jacket Potatoes with either Cheese, Tuna, Baked Beans or Coleslaw Selection of Sandwiches
Today's Fresh Vegetables	Peas Mediterranean Vegetables	Roasted Summer Vegetable Medley Sweetcorn	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas & Carrots
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	Fruity Apricot Bar*	Crunchy Chocolate Biscuit with Fruit Slices*	Blueberry Frozen Yogurt with Fruit Slices*	Apple & Berry Crumble* with Custard	Chocolate Shortbread with Fruit Slices*

Cool Water, Organic Milk, Fruit Juice, Fresh Fruit, Freshly Baked 50/50 Bread and yogurt available daily \*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (v) Vegetarian