

Two Rivers Upper School Autumn/Winter 2019 Menu

W/C 04/11, 25/11, 16/12, 20/01, 10/02, 09/03, 30/03.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mac 'N' Cheese(v) <i>Macaroni baked in a tasty cheesy sauce</i>	Chicken Tikka Masala with Wholegrain Rice** <i>A classic mild Indian creamy curry</i>	Traditional Roast Turkey with Roast Potatoes & Gravy	Beef Burger with Potato Wedges <i>A juicy beef burger in a soft bun</i>	Salmon Fish Fingers*** or Cod Fillet Fish Fingers & Chips
Alternative Dish	Mexican Bean & Potato Wrap(v) with Rice** <i>Tortilla wrap stuffed with fajita seasoned beans & cubed potato in a cheesy tomato sauce</i>	Cheese & Tomato Pizza**(v) with Potato Wedges <i>Homemade pizza topped with tomato sauce & Mozzarella cheese</i>	Quorn Roast(v) with Roast Potatoes & Gravy <i>Traditional vegetarian roast</i>	Veggie Pizza Hot Dog(v) with Potato Wedges <i>Vegetarian hot dog covered in a pizza sauce with melted cheese</i>	Quorn Dippers(v) & Chips <i>Quorn nuggets with chips</i>
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	Carrots Green Beans	Peas Cauliflower & Broccoli	Carrots Cabbage	Sweetcorn Mediterranean Vegetables	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	Chocolate Slice with Fruit Slices*	Zesty Drizzle Cake with Fruit Slices*	Shortbread Biscuit with Fruit Slices*	Banana & Berry Pie* with Custard	Chocolate & Peach Sponge with Fruit Slices*

*Soft Water, Fresh Bread, Fruit Juice, Organic Milk, Yogurt & Fresh Fruit served daily. **Wholegrain. ***Oily Fish (v) Vegetarian

Two Rivers Upper School Autumn/Winter 2019 Menu

W/C 11/11, 02/12, 06/01, 27/01, 24/02, 16/03.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Spaghetti Bake(v) <i>Vegetarian spaghetti bolognese topped with cheese, then baked</i>	Chicken Pie with Mashed Potato <i>Chicken & sweetcorn in a creamy sauce topped with shortcrust pastry</i>	Traditional Roast Pork with Roast Potatoes & Gravy	BBQ Beef Meatballs** <i>Delicious BBQ beef meatballs in a tomato sauce with wholemeal pasta</i>	Cod Fillet Fish Fingers & Chips
Alternative Dish	Vegetable Supreme Pizza**(v) with Potato Wedges <i>Homemade pizza topped with tomato sauce, peppers, sweetcorn & Mozzarella cheese</i>	Cheesy Potato Bake(v) <i>Crushed potato & cheesy bake</i>	Butternut Squash & Tomato Bake(v) <i>Butternut squash, carrot, cheese & lentils in a rich tomato sauce with a breadcrumb topping</i>	Quorn Balls in Tomato Sauce with Wholegrain Rice**(v) <i>Tasty Quorn balls in a tomato sauce with wholegrain rice</i>	Cheesy Onion Quiche(v) with Chips <i>Delicious vegetarian quiche</i>
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 Broccoli	Peas Cauliflower	Roast Parsnips Carrots	Broccoli Sweetcorn	Baked Beans Peas Carrots
Daily Salad Bar					
Desserts	Pineapple Traybake with Fruit Slices*	Chocolate Cake with Custard & Fruit Slices*	Flapjack with Fruit Slices*	Bread & Butter Pudding with Custard & Fruit Slices*	Raspberry Yoghurt Cake 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 2019 Menu

W/C 18/11, 09/12, 13/01, 03/02, 02/03, 23/03.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheese & Tomato Pizza** (v) with Potato Wedges <i>Homemade pizza topped with tomato sauce & Mozzarella cheese</i>	Pork Sausages with Mashed Potato & Gravy	Traditional Roast Chicken with Roast Potatoes & Gravy	Beef Bolognese** <i>A classic Italian beef bolognese served with wholemeal pasta</i>	Crispy Battered Fish & Chips
Alternative Dish	BBQ Quorn Burger(v) with Potato Wedges <i>Quorn burger served in a bun with lettuce, a tomato slice & BBQ sauce</i>	Quorn Sausages(v) with Mashed Potato & Gravy	Giant Vegetable Pasty(v) with Roast Potatoes & Gravy <i>A tasty mix of vegetables wrapped in delicious puff pastry</i>	Quorn Paella(v) <i>A Spanish flavoured rice dish with Quorn, beans, peas, peppers & tomatoes</i>	Baked Bean Omelette(v) & Chips <i>A baked vegetarian omelette</i>
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	Carrots Peas	Sweetcorn Green Beans	Cabbage Carrots	Broccoli Mediterranean Vegetables	Peas Baked Beans Carrots
Daily Salad Bar					
Desserts	Creamy Baked Orange & Vanilla Rice Pudding with Fruit Slices*	Banana & Cinnamon Cake*	Orange Shortbread with Fruit Slices*	Chocolate & Raspberry Swirl Cake with Custard & Fruit Slices*	Crunchy Chocolate Biscuit with Fruit Slices*

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