THRIFTWOOD COLLEGE MEALS MENU WEEK 1 & 3

Week Commencing 19th September 2022

 **PLEASE TICK ONE OPTION FOR EACH DAY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name:-** | **Name:-** | **Name:-** | **Name:-** | **Name:-** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **HOT OPTIONS** |
| Sausage, mash, carrots green beans with Yorkshire Pudding and gravy □ | Chicken and chickpea curry with rice □  | Chicken and mushroom pasta bake with garlic bread □  | Breaded cod, chips and peas □  | **COLD OPTION ONLY** |
| **VEGETARIAN HOT OPTION** |
| Meat free sausage, mash, carrots, green beans with Yorkshire pudding and gravy □ |  | Mushroom pasta bake with garlic bread □ | □ |  |
| **JACKET POTATO** |
| Jacket Potato with either: □* Cheese
* Baked Beans
* Tuna Mayo
 | Jacket Potato with either: □* Cheese
* Baked Beans
* Tuna Mayo
 | Jacket Potato with either: □* Cheese
* Baked Beans
* Tuna Mayo
 | Jacket Potato with either: □* Cheese
* Baked Beans
* Tuna Mayo
 |  |
| **COLD OPTIONS** |
| Sandwich with one filling Ham □Cheese □Egg Mayo □Tuna Mayo □No butter □ | Sandwich with one filling Ham □Cheese □Egg Mayo □Tuna Mayo □No butter □ | Sandwich with one filling Ham □Cheese □Egg Mayo □Tuna Mayo □No butter □ | Sandwich with one filling Ham □Cheese □Egg Mayo □Tuna Mayo □No butter □ | Sandwich with one fillingHam □Cheese □Egg Mayo □Tuna Mayo □No butter □ |
| **DESSERT OPTIONS** |
| Yoghurt or fruit | Jelly or fruit | Fairy cake or fruit | Ice lolly or fruit | Crisps, chocolate bar/cake and piece of fruit |

* **Salad bar available Monday-Thursday**
* **Water and sugar-free squash (various flavours) available daily**