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 filling  Ham □  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**