THRIFTWOOD COLLEGE MEALS MENU

WEEK 1 & 3

**PLEASE TICK ONE OPTION FOR EACH DAY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name:** | **Name:** | **Name:** | **Name:** | **Name:** |
| **Meat free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **HOT OPTIONS** | | | | |
| Macaroni Cheese with garlic bread □ | Cheeseburger in a brioche bun, potato wedges & sweetcorn □ \*Gluten free □ | Chicken & vegetable pie, roasted potatoes, carrots, broccoli & gravy □ | Chilli con carne & rice □  \*Gluten free □ | **COLD OPTION ONLY** |
| **VEGETARIAN HOT OPTION** | | | | |
|  | Veggie burger in a brioche bun, wedges and sweetcorn □ | Cheese & onion roll, roasted potatoes, carrots, broccoli & gravy □ | Quorn chilli con carne & rice □ |  |
| **JACKET POTATO (GLUTEN FREE)** | | | | |
| Jacket Potato with  Cheese □  Baked Beans □  Tuna mayo □ | Jacket Potato with  Cheese □  Baked Beans □  Tuna mayo □ | Jacket Potato with  Cheese □  Baked Beans □  Tuna mayo □ | Jacket Potato with  Cheese □  Baked Beans □  Tuna mayo □ | Gluten free option can be catered for. |
| **COLD OPTIONS** | | | | |
| Sandwich with one filling  Ham □  Cheese □  Ham & Cheese □  Tuna Mayo □  No butter □ | Sandwich with one filling  Ham □  Cheese □  Ham & Cheese □  Tuna Mayo □  No butter □ | Sandwich with one filling  Ham □  Cheese □  Ham & Cheese □  Tuna Mayo □  No butter □ | Sandwich with one filling  Ham □  Cheese □  Ham & Cheese □  Tuna Mayo □  No butter □ | Sandwich with one filling  Ham □  Cheese □  Ham & Cheese □  Tuna Mayo □  No butter □ |
| **DESSERT OPTIONS** | | | | |
| Yoghurt or fruit | Fairy cake, yoghurt or fruit | Yoghurt or fruit | Ice lolly, yoghurt or fruit | Crisps, cookies & fruit |

* **Salad bar available Monday-Thursday Name:**
* **Water and no added sugar squash (various flavours) available daily Class:**

**\*Only the meat choice can be gluten free not the vegetarian option\***