THRIFTWOOD COLLEGE MEALS MENU

WEEK 2 & 4

 **PLEASE TICK ONE OPTION FOR EACH DAY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name:** | **Name:** | **Name:** | **Name:** | **Name:** |
| **Meat free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **HOT OPTIONS** |
| Mini cheese & tomato pizza □ | Chicken tikka & chickpea curry with rice □\*Gluten free □ | Sausage & tomato pasta with garlic bread □ | Breaded fish, chips and peas □\*Gluten free fish fingers □ | **COLD OPTION ONLY** |
| **VEGETARIAN HOT OPTION** |
|  | Sweet potato and chickpea curry with rice □\*Gluten free □ | Mushroom & tomato pasta with garlic bread □ | Quorn chicken style burger, chips & peas □ |  |
| **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\***