

THRIFTWOOD COLLEGE MEALS MENU

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
HOT OPTIONS				COLD OPTION ONLY <ul style="list-style-type: none"> • Wholemeal Roll with a filling choice of either: <i>Home-cooked Ham</i> <i>Cheese</i> <i>Tuna Mayo</i> <i>Egg Mayo</i> • Choice of fruit: <i>Apple</i> <i>Pear</i> <i>Easy peel Orange</i> • Yogurt • Choice of sweet treat <i>Home-made Cookie</i> <i>Cake</i> • Drink choice: <i>Apple juice</i> <i>Orange juice</i> <i>Water</i>
Sausages, Yorkshire Pudding, New Potatoes, Vegetables and Gravy		Homemade Cheese and Tomato French Bread Pizza	Breaded Fish with Savoury Rice and Roasted Mediterranean Vegetables	
VEGETARIAN HOT OPTION				
Meat-free Sausages, Yorkshire Pudding, New Potatoes, Vegetables and Vegetarian Gravy		See Hot Option	Savoury Rice with Mixed Beans and Roasted Mediterranean Vegetables	
JACKET POTATO				
Jacket Potato with: <ul style="list-style-type: none"> • Cheese • Baked Beans • Tuna Mayo (Choose up to two fillings)	Jacket Potato with: <ul style="list-style-type: none"> • Cheese • Baked Beans • Tuna Mayo (Choose up to two fillings)	Jacket Potato with: <ul style="list-style-type: none"> • Cheese • Baked Beans • Tuna Mayo (Choose up to two fillings)	Jacket Potato with: <ul style="list-style-type: none"> • Cheese • Baked Beans • Tuna Mayo (Choose up to two fillings)	
COLD OPTIONS				
<ul style="list-style-type: none"> • Wholemeal Roll • Filling choice of either: <i>Home-cooked Ham</i> <i>Cheese</i> <i>Tuna Mayo</i> <i>Egg Mayo</i> 	<ul style="list-style-type: none"> • Wholemeal Roll • Filling choice of either: <i>Home-cooked Ham</i> <i>Cheese</i> <i>Tuna Mayo</i> <i>Egg Mayo</i> 	<ul style="list-style-type: none"> • Wholemeal Roll • Filling choice of either: <i>Home-cooked Ham</i> <i>Cheese</i> <i>Tuna Mayo</i> <i>Egg Mayo</i> 	<ul style="list-style-type: none"> • Wholemeal Roll • Filling choice of either: <i>Home-cooked Ham</i> <i>Cheese</i> <i>Tuna Mayo</i> <i>Egg Mayo</i> 	
DESSERT OPTIONS				
CHOICE OF DESSERT AND FRUIT PLATTER EVERY DAY				

- **Salad bar available Mon-Thurs**
- **Fresh Fruit Platter available Mon-Thurs**
- **Choice of Fruit Squash (no added sugar), Water or Milk available Mon-Thurs**