

THRIFTWOOD COLLEGE MEALS MENU

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
HOT OPTIONS				COLD OPTION ONLY
Breaded Fish with Cous Cous and Roasted Mediterranean Vegetables	Homemade Cheese and Tomato Pizza	Homemade Sausage and Tomato Pasta with Lemon and Fennel Seeds		<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>
VEGETARIAN HOT OPTION				
Cous Cous with Chickpeas and Roasted Mediterranean Vegetables	See Hot Option	Pasta with Homemade Tomato Sauce topped with Cheese		
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**