

# THRIFTWOOD COLLEGE MEALS MENU WEEK 1 & 3

Week Commencing 9<sup>th</sup> December 2024

**PLEASE TICK ONE OPTION FOR EACH DAY**

Name:	Name:	Name:	Name:	Name:
Meat free Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOT OPTIONS</b>				
Macaroni Cheese with garlic bread <input type="checkbox"/>	Cheeseburger in a brioche bun, potato wedges & sweetcorn <input type="checkbox"/> *Gluten free <input type="checkbox"/>	Chicken & vegetable pie, roasted potatoes, carrots, broccoli & gravy <input type="checkbox"/>	Chilli con carne & rice <input type="checkbox"/> *Gluten free <input type="checkbox"/>	<b>COLD OPTION ONLY</b>
<b>VEGETARIAN HOT OPTION</b>				
	Veggie burger in a brioche bun, wedges and sweetcorn <input type="checkbox"/>	Cheese & onion roll, roasted potatoes, carrots, broccoli & gravy <input type="checkbox"/>	Quorn chilli con carne & rice <input type="checkbox"/>	
<b>JACKET POTATO (GLUTEN FREE)</b>				
Jacket Potato with Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Gluten free option can be catered for.
Homemade Shortbread <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Homemade Jam Tart with custard <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Homemade apple crumble with custard <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Iced sponge cake with sprinkles <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Sandwich with one filling <input type="checkbox"/> Ham <input type="checkbox"/> Cheese <input type="checkbox"/> Ham & Cheese <input type="checkbox"/> Tuna Mayo <input type="checkbox"/> No butter <input type="checkbox"/>

- Salad bar available Monday-Thursday
- Water and no added sugar squash (various flavours) available daily
- \*Only the meat choice can be gluten free not the vegetarian option\*
- \*\* Cold option available to order in advance when out on a college trip\*\*

**Name:**

**Class:**