

THRIFTWOOD COLLEGE MEALS MENU WEEK 1 & 3

Week Commencing 13th January 2025

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 <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"/>	COLD OPTION ONLY
VEGETARIAN HOT OPTION				
	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"/>	
JACKET POTATO (GLUTEN FREE)				
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.
DESSERTS				
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: