

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 Creamy Bacon, Mushroom and Garlic Pasta | 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 | Homemade Creamy Mushroom and Garlic Pasta | 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 | | | | |
| Mousse | Jelly (no added sugar) | Homemade Cookie or Cake | Cheese and Crackers | |

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