

THRIFTWOOD COLLEGE MEALS MENU

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
HOT OPTIONS				COLD OPTION ONLY
Steak Pie, New Potatoes, Vegetables and Gravy	Pasta with Homemade Roasted Tomato Sauce and Garlic Bread	Homemade Chilli Bean Taco with Mexican Rice	All Day Breakfast <i>(Sausage, Bacon, Scrambled Egg, Baked Beans, Hash Brown, Wholemeal Bread and Butter)</i>	<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				
Homemade Cheese Whirl, New Potatoes, Vegetables and Vegetarian Gravy	See Hot Option	See Hot Option	Vegetarian All Day Breakfast <i>(Meat-free Sausages, Scrambled Egg, Baked Beans, Hash Brown, Wholemeal Bread and Butter)</i>	
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)		
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				
Cheese and Crackers	Jelly (no added sugar)	Homemade Fruit Crumble and Custard	Home-made Cookie or Cake	

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