

THRIFTWOOD COLLEGE MEALS MENU

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
HOT OPTIONS				COLD OPTION ONLY
INSET DAY	Pasta with Homemade Roasted Tomato Sauce and Garlic Bread	Homemade Chilli Bean Taco with Mexican Rice		<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				
	See Hot Option	See Hot Option		
JACKET POTATO				
INSET DAY	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> 	
DESSERT OPTIONS				
INSET DAY	Fruit Platter and choice of dessert	Fruit Platter and choice of dessert	Fruit Platter and Ice lolly	

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

ALLERGY INFORMATION IS AVAILABLE FROM THE CAFÉ