

THRIFTWOOD COLLEGE MEALS MENU WEEK 1 & 3
WEEK COMMENCING 24TH MARCH 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 OPTIONS | | | | |
| | 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. |
| DESSERT OPTIONS | | | | |
| Homemade Shortbread <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/> | Homemade Brownie <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: 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 (sandwich) available to order in advance when out on a college trip**

Name:

Class:

