

THRIFTWOOD COLLEGE MEALS MENU WEEK 2 & 4

PLEASE TICK ONE OPTION FOR EACH DAY

Name:	Name:	Name:	Name:	Name:
Meat free Monday	Tuesday	Wednesday	Thursday	Friday
HOT OPTIONS				
Mini cheese & tomato pizza <input type="checkbox"/>	Chicken tikka & chickpea curry with rice <input type="checkbox"/> *Gluten free <input type="checkbox"/>	Sausage & tomato pasta with garlic bread <input type="checkbox"/>	Breaded fish, chips and peas <input type="checkbox"/> *Gluten free fish fingers <input type="checkbox"/>	COLD OPTION ONLY
VEGETARIAN HOT OPTIONS				
	Sweet potato and chickpea curry with rice <input type="checkbox"/> *Gluten free <input type="checkbox"/>	Mushroom & tomato pasta with garlic bread <input type="checkbox"/>	Quorn chicken style burger, chips & peas <input type="checkbox"/>	
JACKET POTATO (GLUTEN FREE)				
Jacket Potato with <input type="checkbox"/> Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with <input type="checkbox"/> Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with <input type="checkbox"/> Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Jacket Potato with <input type="checkbox"/> Cheese <input type="checkbox"/> Baked Beans <input type="checkbox"/> Tuna mayo <input type="checkbox"/>	Gluten free option can be catered for.
DESSERT OPTIONS				
Homemade Flapjack <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Homemade Syrup sponge and custard <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Slice of Viennetta Ice Cream <input type="checkbox"/> Yogurt <input type="checkbox"/> Fruit <input type="checkbox"/>	Chocolate Cornflake Tart <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: