

## Truro School Prep Menus - Spring 2010 - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Simple</b> Chicken & Broccoli Pasta Bake Served with garlic ciabatta	<b>World</b> Sweet & Sour Pork Served with rice & prawn crackers	<b>Roast</b> Organic Beef Served with roasted potatoes, Yorkshires, roasted vegetables & spinach	<b>Traditional</b> Lamb Stew Served with sweet corn dumplings & new potatoes	<b>Fish</b> Fish Fingers Served with fresh chips & spaghetti hoops
<b>Jackets</b>	Tuna & Mayo	Big Brunch	Braised red cabbage	Vegetable Curry	Creamy Leek & Mushroom Bake
<b>Pasta</b>		Penne Tricolore Tomato & basil sauce		Fusilli Carbonara sauce	
<b>Fresh selection of salads</b>					
<b>Dessert</b>	Fresh Rhubarb Crumble served with custard Yoghurt or fruit	Apple Strudel served with cream Yoghurt or fruit	Chocolate Fudge Cake Yoghurt or fruit	Bakewell Tart served with custard Yoghurt or fruit	Flapjack Yoghurt or fruit

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Simple</b> WC Rowe pasty Served with Baked Beans	<b>World</b> Fajita Meatballs in Tomato Sauce Served with noodles	<b>Roast</b> Boneless Lamb chops Served with roasted potatoes, broccoli & carrots	<b>Traditional</b> Chicken, Leek & Ham Casserole Served with mashed potato & carrots	<b>Fish</b> Pesto Salmon with Tomato Sauce Served with garden peas & new potatoes
<b>Jackets</b>	Chilli Beans	Three Cheese & Broccoli Bake	Sour Cream & Chives	Ratatouille	Quorn Stroganoff
<b>Pasta</b>				Penne Tricolore Tomato Sauce	Fusilli Cheese Sauce
<b>Fresh selection of salads</b>					
<b>Dessert</b>	Chocolate Sponge served with chocolate custard Yoghurt or fruit	Cheesecake Yoghurt or fruit	Caramel slice Yoghurt or fruit	Banana Fritters served with ice cream Yoghurt or fruit	Mint Chocolate Meringues Yoghurt or fruit

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Simple</b> Beef Chilli Con Carne Served with rice & nachos	<b>World</b> Turkey Enchiladas Served with tomato & cucumber salad	<b>Roast</b> Chicken Served with roasted potatoes, stuffing, cabbage, carrot & swede	<b>Traditional</b> Toad in Hole Served with carrots & swede mash & green beans	<b>Fish</b> Cod Goujons Served with sauté potatoes & baked beans
<b>Jackets</b>	Courgette, Tomato Parmesan Cheese Bake	Baked Beans	Corn Beef Hash	Chicken Korma	Fruity Coleslaw
<b>Pasta</b>		Fusilli Carbonara sauce		Penne Tricolore Bolognese sauce	
<b>Fresh selection of salads</b>					
<b>Dessert</b>	Spotted Dick served with custard Yoghurt or fruit	Doughnuts Yoghurt or fruit	Apple Turnovers served with cream Yoghurt or fruit	Cookies Yoghurt or fruit	Chelsea Buns Yoghurt or fruit