

Truro School Prep Menus - Summer 2010 - Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Simple Beef Burgers Served with potato skins & spaghetti hoops	World Chicken Tikka Masala Served with rice & naan bread	Roast Organic Pork Served with roasted potatoes, oriental vegetables & broccoli	Traditional Cumberland Sausages Served with mashed potatoes & garden peas	Fish Mini Battered Cod Fillets Served with fresh chips & baked beans
Jackets	Cauliflower Mornay	Couscous	Prawns in Seafood Sauce	Vegetable Korma	Macaroni Cheese
Pasta		Conchiglie Cheese sauce		Farfalle Tomato & basil sauce	
Fresh selection of salads					
Dessert	Baked Chocolate Pudding Served with ice cream Yoghurt or fruit	Monte Creams Yoghurt or fruit	Lemon Meringue Yoghurt or fruit	Swiss Roll Served with custard Yoghurt or fruit	Chocolate Éclairs Yoghurt or fruit

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Simple Smothered Gammon (pineapple & cheese) Served with onion rings & rosti potatoes	World Italian Meatball Pasta Bake Served with garlic bread	Roast Organic Beef Served with roasted potatoes, cauliflower mornay & carrots	Traditional Chicken & Vegetable Pie Served with carrot mashed potato & sweet corn	Fish Scottish Smoked Haddock Served with garden peas & new potatoes
Jackets	BBQ Baked Beans	Cottage Cheese	Tuna, Sweet corn & Mayo	Vegetable Ravioli	Bombay Potatoes
Pasta	Penne Italian sauce			Farfalle Carbonara sauce	Conchiglie Tomato & basil sauce
Fresh selection of salads					
Dessert	Treacle Sponge Served with custard Yoghurt or fruit	Mille Feuille Yoghurt or fruit	Fruit Salad Served with crème fraiche Yoghurt or fruit	Red Cherry Custard Streusel Slice Yoghurt or fruit	Chocolate Chip Muffins Yoghurt or fruit

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Simple Cajun Chicken Served with potato wedges & corn on cob	World Beef Chow Mein Served with vegetable spring rolls	Roast Turkey Served with roasted potatoes, stuffing, green beans & courgette Provençal	Traditional Shepherds Pie Served with mixed vegetables	Fish Breaded Scampi Served with fresh chips & garden or mushy peas
Jackets	Humous Chimichangas	Boston Beans Casserole	Spaghetti Hoops	Tuscan Beans	Vegetable lasagne
Pasta		Farfalle Carbonara sauce		Conchiglie Italian sauce	
Fresh selection of salads					
Dessert	Strawberry Crumble Served with custard Yoghurt or fruit	Rice Pudding Yoghurt or fruit	Lemon & Lime Crunch Yoghurt or fruit	Butterscotch Pudding Served with cream Yoghurt or fruit	Apple Shortcake Served with Ice cream Yoghurt or fruit