

Truro School Prep Menu

Summer Term 2024

Week One

	Monday - Simple	Tuesday - World	Wednesday - Roast	Thursday - Traditional	Friday - Fish
Homemade Soup with Brown Bread	Tomato	Sweet Potato	Vegetable	Leek and Potato	Butternut Squash
Main Meal	Beef Bolognese	Middle – Eastern Chicken Shwarma	Gammon	Sausage Casserole	Fish Fillet Burger
Vegetarian Meal	Quorn Bolognese	Mixed Bean in Roasted Tomato Sauce	Nutless Roast	Quorn Sausage Casserole	Spicy Bean Burger
Starchy Foods	Spaghetti Jacket Potato	Flat Bread Jacket Potato	Roasted Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Mashed Potato	Chips Jacket Potato
Vegetables	Green Beans	Tabbouleh	Local Seasonal Vegetables	Broccoli	Baked Beans
Salads	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn
Main Dessert	Apple, Raisin and Caramel Pudding with Custard 50% Fruit	Strawberry Shortcake Stacks 50% Fruit	Blueberry and Banana Baked Oats 50% Fruit	Gingerbread People	Devonshire Splits
Cold Dessert	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts

Food Allergies and Intolerances: Please speak to our staff about the ingredients in your meal, when taking your lunch cool, fresh drinking water always available

(H) Halal Meat Available by Prior Arrangement



Marine Stewardship Council
Certified sustainable seafood

