

**Truro School Prep Menu**

**Autumn Term 2020**

**Week One**

	<b>Monday - Simple</b>	<b>Tuesday - World</b>	<b>Wednesday - Roast</b>	<b>Thursday - Traditional</b>	<b>Friday - Fish</b>
<b>Homemade Soup of the Day with Brown Bread</b>	Tomato	Sweet Potato and Carrot	Vegetable	Leek and Potato	Butternut Squash
<b>Main Meal</b>	Burgers Chicken or Beef	Greek Orzo Chicken	Jerk Roast Pork	Lamb and Vegetable Hot Pot with Herb Dumplings	G/F Smoked Haddock, Mozzarella and Spring Onion Fish Cakes
<b>Vegetarian Meal</b>	Vegetable Burger	Chickpea, Tofu and Spinach Curry	Vegetable Fingers	Creamy Courgette and Bean Lasagne	BBQ Quorn Fillet
<b>Starchy Foods</b>	Jacket Potato Sweet Potato Wedges	Jacket Potato Paleo Greek Rice	Jacket Potato Roasted Potatoes	Mashed Potatoes Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	Jacket Potato Gastro Chips
<b>Vegetables</b>	Coleslaw	Roasted Greek Vegetables	Local Seasonal Vegetables	Broccoli	Sweet Corn
<b>Salads</b>	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn
<b>Main Dessert</b>	Apple Crumble 50% Fruit	Carrot Cake	Summer Berry Shortcake Stacks	Crushed Pineapple Trifle	Blueberry Muffins 50% Fruit
<b>Cold Dessert</b>	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



**Marine Stewardship Council**  
Certified sustainable seafood



Menu  
Checked by  
Registered  
Dietitian



Anna-Maria Holt BSc RD  
Company Dietitian