

**Truro School Prep Menu**

**Autumn Term 2020**

**Week Two**

	<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>	Carrot and Coriander	Red Pepper and Tomato	Cream of Leek	Roasted Vegetable	Broccoli and Potato
<b>Main Meal</b>	Macaroni Cheese	Thai Green Chicken Curry	Roast Beef	Toad in Hole	Salmon En Crouete
<b>Vegetarian Meal</b>	Bean Burritos	Vegetable Korma	Quorn Free Meat Roast	Quorn Meatballs in Rustic Tomato Sauce	Stuffed Peppers
<b>Starchy Foods</b>	Jacket Potato	Jacket Potato White and Brown Rice	Jacket Potato Roast Potatoes	Mashed Potato Whole–Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	Jacket Potato Minted New Potatoes
<b>Vegetables</b>	Arugula Salad	Mange Tout	Local Seasonal Vegetables	Mixed Vegetables	Garden Peas
<b>Salads</b>	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, Beetroot and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Sweetcorn, 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>	Banana Oat Cake	Raspberry Fruit Fools 50% Fruit	Fruit Salad 100% Fruit	Ginger and Mandarin Cake	Devonshire Splits
<b>Cold Dessert</b>	Fresh Fruits Low Fat Yoghurts	Fresh Fruits Low Fat Yoghurts	Fresh Fruits Low Fat Yoghurts	Fresh Fruits Low Fat Yoghurts	Fresh Fruits 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