

Truro School Prep Menu

Autumn Term 2020

Week Three

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
Homemade Soup of the Day with Brown Bread	Curried Carrot and Apple	Tomato and Basil	Pea and Garlic	Lentil	Winter Vegetables
Main Meal	WC ROWE Pasties Steak and Vegetable	Spanish Spicy Turkey Paella	Roast Chicken with Lemon, Garlic and Thyme	Mince Pork and Sweet Potato Pie	Moving Glorious Grains Scampi
Vegetarian Meal	Linda McCartney Sausages	Spiced Chickpeas with Halloumi	Quorn Fillet in Vegetable Gravy	Quorn and Vegetable Pie	Cheese and Tomato Quiche
Starchy Foods	Jacket Potato	Jacket Potato Wholemeal Pitta Bread	Jacket Potato Roast Potatoes	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	Jacket Potato Gastro Chips
Vegetables	Low Sugar and Salt Baked Beans	Caesar Salad	Local Seasonal Vegetables	French Green Beans	Garden Peas
Salads	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, and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Olives, Onions, Peppers, and Sweetcorn
Main Dessert	Treacle and Coconut Tart	French Toast with Fruit Compote 50% Fruit	Lemon Meringue	Fruit Hevva Cake 50% Fruit	Sorbets with Fruit Toppings
Cold Dessert	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