

# Truro School Autumn Term 2020

## WEEK ONE LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread	Homemade soup of the day with freshly baked bread
<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Main Course</b>	<b>Brunch</b>	<b>Brunch</b>
Cornish Pork sausage with caramelised onion gravy  ***** Vegetarian sausage with Caramelised onion gravy	Katsu chicken with katsu curry sauce  ***** Breaded spiced Quorn escalope with katsu curry sauce	Classic Italian beef and pork lasagne  ***** Macaroni cheese	Roast topside of beef with Yorkshire pudding  ***** Roasted Garden Vegetable Quiche	Battered fillet of cod Breaded haddock Goujons tartar sauce Cornish sausage ***** Moroccan spiced vegetable & couscous stuffed peppers	Full Cornish breakfast Cornish sausage, Bacon, Hogs pudding, Hash Browns, Grilled Tomatoes, Baked Beans, Eggs to Order ***** Continental Breakfast Croissants, Mixed Danish Pastries, Muffins, Cereals, Yoghurt Bar, Fresh Fruit, Toast, Preserves ***** Family Favourites Chicken nuggets Fish Fingers Gammon Steaks ***** French Fries	Full Cornish breakfast Cornish sausage, Bacon, Hogs pudding, Hash Browns, Grilled Tomatoes, Baked Beans, Eggs to Order ***** Continental Breakfast Croissants, Mixed Danish Pastries, Muffins, Cereals, Yoghurt Bar, Fresh Fruit, Toast, Preserves ***** Family Favourites Chicken nuggets Fish Fingers Gammon Steaks ***** French Fries
<b>Potato &amp; Vegetables</b>	<b>Potato &amp; Vegetables</b>	<b>Potato &amp; Vegetables</b>	<b>Potato &amp; Vegetables</b>	<b>Potato &amp; Vegetables</b>		
Creamy mash Garden peas with sweet corn Baked beans	Braised aromatic rice Curried roasted cauliflower Bombay potato	Mixed Tossed Salad Garlic Bread	Roast Cornish new potatoes Steamed green cabbage French Beans	Chunky chips Garden peas Mushy peas Grilled tomatoes		
<b>Alternative Options</b>	<b>Alternative Options</b>	<b>Alternative Options</b>	<b>Alternative Options</b>	<b>Alternative Options</b>		
Pasta with tomato sauce and grated cheddar	Baked jacket potato with baked beans and grated cheese	Pasta with tomato sauce and grated cheddar	Baked jacket potato with baked beans and grated cheese	Pasta with tomato sauce and grated cheddar		
<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>	<b>Desserts</b>		
Apple and sultana crumble Vanilla custard	Cold dessert of the day	Chocolate sponge with Chocolate sauce	Cold dessert of the day	Sticky toffee pudding custard		
<b>Assembly Hall</b>	<b>Assembly Hall</b>	<b>Assembly Hall</b>	<b>Assembly Hall</b>	<b>Assembly Hall</b>		
Jacket Potato Bar Pasta Bar Packed meals with a selection of fresh sandwiches	Jacket Potato Bar Pasta Bar Packed meals with a selection of fresh paninis	Jacket Potato Bar Pasta Bar Packed meals with a selection of baked turnovers	Jacket Potato Bar Pasta Bar Packed meals with hot pasties	Jacket Potato Bar Pasta Bar Packed meals with selection of freshly baked pizza		