



**TRURO
SCHOOL
PREP**

Tea Club Menu

Spring Term 2022 Term

4.05pm-5pm

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Breadsticks and Hummus Fresh fruit available	Pancakes and Bananas Fresh fruit available	Melon Smiles Pineapple Slices Mango Pieces Fresh fruit available	Crackers and Low-Fat Cheese Fresh fruit available	Low Sugar Jam Sandwiches Fresh fruit available
Week Two	Oatcakes and Cream Cheese Fresh fruit available	Carrot, Cucumber Red Pepper Sticks and Hummus Fresh fruit available	Wholemeal Pitta Bread and Tzatziki Fresh fruit available	Ham Sandwiches Low Fat Cheese Sandwiches Fresh fruit available	Banana Malt Loaf Fresh fruit available
Week Three	Cucumber Cream Cheese Sammies Fresh fruit available	Organic Unsalted Rice Cakes Fresh fruit available	Oat Cakes with Marmite Fresh fruit available	Cheese Sticks and Cherry Tomatoes Fresh fruit available	Blue Berry Muffins Fresh fruit available

Food allergies and intolerances: Please speak to our staff about the ingredients, when taking your snack
Cool, fresh drinking water always available