

**Truro School Prep Menu**

**Spring Term 2022**

**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>	Beef Meatballs in Tomato and Basil Sauce	Chinese Sweet and Sour Chicken	Topside Beef	English Brunch Bacon and Sausages	Scampi Bites
<b>Vegetarian Meal</b>	Vegetarian Bolognese	Vegetable Curry	Quorn Roast	Vegetarian Sausages	Mexican Bean and Cheese Enchiladas
<b>Starchy Foods</b>	Spaghetti Jacket Potato	White and Brown Rice Jacket Potato	Roasted Potatoes Jacket Potato	Baked Diced Potatoes Jacket Potato	Chips Jacket Potato
<b>Vegetables</b>	Green Beans	Broccoli	Local Seasonal Vegetables	Fresh Tomatoes and Mushrooms	Garden Peas
<b>Salads</b>	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers, Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn	Cucumber, Baby Leaf, Cherry Tomatoes, Carrots, Peppers Olives and Sweetcorn
<b>Main Dessert</b>	Apple Pie 50% Fruit	Pineapple Upside Down Cake	Beetroot Cake 50% Fruit	Rice Pudding	Fruit Mousses
<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

