

**Truro School Prep Menu**

**Spring Term 2022**

**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>	Frankfurter Hot Dog	Russian Beef Stroganoff	Chicken Breast	African Lamb Stew	Battered Cod Goujons
<b>Vegetarian Meal</b>	Quorn Frankfurter	Chilli with Winter Vegetables	Quorn Free Meat Roast	Cauliflower Cheese	Stuffed Peppers
<b>Starchy Foods</b>	Baked Potato Wedges Jacket Potato	White and Brown Rice Jacket Potato	Roast Potatoes Jacket Potato	Mashed Potato Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	Chips Jacket Potato
<b>Vegetables</b>	Corn on Cob	Green Beans	Local Seasonal Vegetables	Broccoli	Low Sugar and Salt Baked Beans
<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 and Cherry Crumble 50% Fruit	Sticky Pear Pudding 50% Fruit	Lemon and Lime Crunch	Fruit Strudel 50% Fruit	Strawberry Choux Puffs
<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

