

**Truro School Prep Menu**

**Spring Term 2022**

**Week Three**

	<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>	Curried Carrot and Apple	Tomato and Basil	Pea and Garlic	Lentil	Winter Vegetables
<b>Main Meal</b>	WC Rowe Pasties	Szechuan Chicken Bean and Noodle Bowl	English Cured Gammon	Cottage Pie	Salmon and Pollock
<b>Vegetarian Meal</b>	Macaroni Cheese	Gnocchi Alla Sorrentina	Quorn Fillet in Gravy	Potato Hash	Quorn Dippers
<b>Starchy Foods</b>	Jacket Potato	Noodles Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	Tortilla Wraps Jacket Potato
<b>Vegetables</b>	Low Sugar and Salt Baked Beans	Sweet Corn	Local Seasonal Vegetables	Garden Peas	Sweet Corn Salsa
<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>	Jam and Coconut Sponge	Hot Trifle 50% Fruit	Yarde Farm Ice Cream With Fruits of Forest 50% Fruit	Blackberry Oat Bars 50% Fruit	Gingerbread Muffins
<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

