

**Truro School Prep Menu**

**Summer 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>	Woodfired Pizzas Pepperoni	Spanish Chicken(H) and Pepper Paella	Topside Beef	Pork Cassoulet	Traditional Fish
<b>Vegetarian Meal</b>	Woodfired Pizzas Cheese and Tomato	Vegetable and Bean Paella	Quorn Roast	Jackfruit Pasta Bake	Quorn Dippers
<b>Starchy Foods</b>	Jacket Potato	White and Brown Rice Jacket Potato	Roasted Potatoes Jacket Potato	Mashed Potato Whole–Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	Chips Jacket Potato
<b>Vegetables</b>	Tomato and Mozzarella Salad	Caesar Salad	Local Seasonal Vegetables	Garden Peas	Mushy 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>	Raspberry Jam and Coconut Roly Poly	Cinnamon Palmiers	Fresh Fruit Salad 50% Fruit	Apple Bread Pudding 50% Fruit	Fruit Jellies
<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

**(H)** Halal Meat Available by Prior Arrangement



By Sophie Claessens BSc RD  
Company Dietitian



**Marine Stewardship Council**  
Certified sustainable seafood

