

## Truro School Prep Menu

Summer Term 2022

Week Two

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
<b>Homemade Soup of the Day with Brown Bread</b>	Carrot and Coriander	Red Pepper and Tomato	Smokey Tomato and Chickpea	Roasted Vegetable	Broccoli and Potato
<b>Main Meal</b>	Southern Fried Chicken	Mexican Beef Enchiladas <b>(H)</b>	Turkey	Sausages in Gravy <b>(H)</b>	Sticky Salmon
<b>Vegetarian Meal</b>	Quorn Southern Fried Nuggets	Vegetable Lasagne	Quorn Free Meat Roast	Quorn Glamorgan Style Sausages	Sweet Potato Curry
<b>Starchy Foods</b>	Baked Potato Wedges Jacket Potato	Jacket Potato	Roast Potatoes Jacket Potato	Mashed Potato Whole–Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces	White and Brown Rice Jacket Potato
<b>Vegetables</b>	Low Sugar and Salt Baked Beans	Sweetcorn on Cob	Local Seasonal Vegetables	Broccoli	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>	Treacle Sponge	Fruit Topped Meringue Nests	Raspberry Cheesecake Chocolate Brownies 50% Fruit	Apricot Crumble Shortbread 50% Fruit	Apple and Orange Ginger Muffins 50% Fruit
<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

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



**Marine Stewardship Council**  
Certified sustainable seafood

