

**Truro School Prep Menu**

**Summer 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>	Roasted Pepper	Tomato and Basil	Pea and Garlic	Lentil	Summer Vegetables
<b>Main Meal</b>	Lamb Burgers	Indian Chicken Tikka Masala <b>(H)</b>	Boned and Rolled Pork	Crispy Topped Cumberland Pie <b>(H)</b>	White Fishcakes
<b>Vegetarian Meal</b>	Vegetable Burgers	Quorn Swedish Style Balls in Tomato and Basil Sauce	Quorn Fillet in Gravy	Quorn Cottage Pie	Vegetable Finger
<b>Starchy Foods</b>	Skinny Fries Jacket Potato	White and Brown Rice Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	New Potatoes Jacket Potato
<b>Vegetables</b>	Salsa	Raita	Local Seasonal Vegetables	Green Beans	Low Fat and Sugar 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>	Mixed Fruit Crumble 50% Fruit	Banana Traybake	Kelly's Ice Cream	Lemon Sponge Cake	Strawberry and Blueberry Devonshire Splits 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

