

Truro School Prep Menu

Autumn Term 2023

Week One

	Monday - Simple	Tuesday - World	Wednesday - Roast	Thursday - Traditional	Friday - Fish
Homemade Soup with Brown Bread	Tomato	Sweet Potato	Vegetable	Leek and Potato	Butternut Squash
Main Meal	Sausage Plait	Japanese Chicken Katsu Curry	Gammon	Hot Pot	Whitby Cod Goujons
Vegetarian Meal	Quorn Vegetarian Sausages	Sweet Potato Curry	Quorn Roast	Mexican Bean and Potato Bake	Vegetable Fingers
Starchy Foods	Mashed Potato Jacket Potato	White and Brown Rice Jacket Potato	Roasted Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	Chips Jacket Potato
Vegetables	Low Sugar and Salt Baked Beans	Asian Slaw	Local Seasonal Vegetables	Green Beans	Garden Peas
Salads	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
Main Dessert	Apple and Rhubarb Pie 50% Fruit	Pear and Blueberry Muffins 50% Fruit	Jasmine, Coconut and Mango Rice Pudding	Toffee Frozen Yoghurt	Angel Delight Banoffee Mousse 50% Fruit
Cold Dessert	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



Marine Stewardship Council
Certified sustainable seafood

