

**Truro School Prep Menu**

**Autumn Term 2023**

**Week Two**

	<b>Monday – Simple</b>	<b>Tuesday – World</b>	<b>Wednesday – Roast</b>	<b>Thursday – Traditional</b>	<b>Friday - Fish</b>
<b>Homemade Soup with Brown Bread</b>	Carrot and Coriander	Red Pepper and Tomato	Smokey Tomato and Chickpea	Roasted Vegetable	Broccoli and Potato
<b>Main Meal</b>	Macaroni Cheese	Portuguese Peri Peri Chicken Meatballs	Topside Beef	Quiche Lorraine	Fish Tacos White Fish and Salmon
<b>Vegetarian Meal</b>	Quorn Sausages and Baked Beans	Middle Eastern Roasted Cauliflower	Nutless Roast	Courgette Provencal	Chilli Bean
<b>Starchy Foods</b>	Garlic and Cheese Balls Jacket Potato	Coconut Lime Rice Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces New Potatoes Jacket Potato	Taco Shells Jacket Potato
<b>Vegetables</b>	Broccoli	Corn on Cob	Local Seasonal Vegetables	Chopped Broccoli Salad	Watermelon Cucumber Salad with Feta
<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>	Paradise Slice	Banana and Chocolate Muffins 50% Fruit	Squidgy Lemon and Ginger Cake	Forest Fruits Streusel Cheesecake 50% Fruit	Ice Cream Sponge Roll and Mixed Fruits 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

