

Truro School Prep Menu

Autumn Term 2023

Week Three

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Roasted Pepper	Tomato and Basil	Pea and Garlic	Lentil	Onion
Main Meal	Gnocchi and Turkey Bake	Chinese Char Siu Pork	Chicken Breast	Cornish Pasty Pie	Scampi
Vegetarian Meal	Cheesy Gnocchi Bake	Bean and Vegetable Sweet and Sour	Quorn Fillets in Gravy	Vegetable Pasty Pie	Quorn Bites
Starchy Foods	Focaccia Bread Jacket Potato	Bao Buns Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces New Potatoes	Chips Jacket Potato
Vegetables	Sweet Corn	Chinese Cucumber Salad	Local Seasonal Vegetables	Calabrese	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 Peach Crumble 50% Fruit	Key Lime Pie Buns	Blackberry and Raspberry Oat Bars 50% Fruit	Cornflake Tart	Carrot and Banana Cake 50% Fruit
Cold Dessert	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

