TRURO SCHOOL

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Truro School Autumn Term 2023

Week One Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread | Homemade soup of the day with freshly baked bread |
| Main Course | Main Course | Main Course | Main Course | Main Course | Brunch | Brunch |
| Pork and Beef chilli With kidney beans<br>******<br>Quorn and sweet pepper chilli | Macaroni Cheese | Texas BBQ one pot stew<br>*******<br>Vegetable style gumbo stew | Roast loin of pork with apple sauce<br>*****<br>Tomato and mozzarella and basil tartlet | Fish of the day<br>******<br>Cornish sausage<br>*****<br>Tempura vegetables with sweet chilli sauce | Full Cornish breakfast<br>Cornish sausage, Bacon, Hogs pudding, Hash Browns, Grilled Tomatoes, Baked Beans, Eggs to Order<br>*****<br>Continental Breakfast<br>Croissants, Mixed Danish Pastries, Muffins, Cereals, Yoghurt Bar, Fresh Fruit, Toast, Preserves<br>*****<br>Family Favourites<br>Chicken nuggets<br>Fish Fingers<br>Gammon Steaks<br>*****<br>French Fries | Full Cornish breakfast<br>Cornish sausage, Bacon, Hogs pudding, Hash Browns, Grilled Tomatoes, Baked Beans, Eggs to Order<br>*****<br>Continental Breakfast<br>Croissants, Mixed Danish Pastries, Muffins, Cereals, Yoghurt Bar, Fresh Fruit, Toast, Preserves<br>*****<br>Family Favourites<br>Chicken nuggets<br>Fish Fingers<br>Gammon Steaks<br>*****<br>French Fries |
| Potato & Vegetables | Potato & Vegetables | Potato & Vegetables | Potato & Vegetables | Potato & Vegetables | | |
| Braised rice<br>Piri piri Spiced Sweetcorn<br>Grilled tomatoes | Mixed salad<br>Coleslaw<br>Garlic Bread<br>Garden Peas | Seasoned potato cubes<br>Broccoli<br>Sweetcorn | Roast Cornish new potatoes<br>Cauliflower Cheese<br>Sliced carrots | Skinny Fries<br>Garden peas<br>Baked beans | | |
| Desserts | Desserts | Desserts | Desserts | Desserts | | |
| Hot dessert of the day<br>Fresh fruit salad | Cold dessert of the day<br>Fresh fruit salad | Hot dessert of the day<br>Fresh fruit salad | Cold dessert of the day<br>Fresh fruit salad | Hot dessert of the day<br>Fresh fruit salad | | |
| Servery 3 | Servery 3 | Servery 3 | Servery 3 | Servery 3 | | |
| Pasta With a choice of sauces<br>Jacket potatoes with a choice of toppings | Pasta With a choice of sauces<br>Jacket potatoes with a choice of toppings | Pasta With a choice of sauces<br>Jacket potatoes with a choice of toppings | Pasta With a choice of sauces<br>Jacket potatoes with a choice of toppings | Pasta With a choice of sauces<br>Jacket potatoes with a choice of toppings | | |
| Servery 3 | Servery 3 | Servery 3 | Servery 3 | Servery 3 | | |
| Salad bar<br>Hot snacks<br>Selection of Sandwiches | Salad bar<br>Hot snacks<br>Selection of Sandwiches | Salad bar<br>Hot snacks<br>Selection of Sandwiches | Salad bar<br>Hot snacks<br>Selection of Sandwiches | Salad bar<br>Hot snacks<br>Selection of Sandwiches | | |