

Truro School Prep Menu

Spring Term 2024

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 | Sausages In Onion Gravy | Italian Lasagne | Pork | Stew and Dumplings | Traditional Fish |
| Vegetarian Meal | Quorn Vegetarian Sausages | Vegetarian Lasagne | Quorn Roast | Mushroom Pie | Vegetable Fingers |
| Starchy Foods | Mashed Potato Jacket Potato | Garlic Bread Jacket Potato | Roasted Potatoes Jacket Potato | Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato | Chips Jacket Potato |
| Vegetables | Carrots | Greek Salad | 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 | Jam Sponge with Custard | Fruit Compotes 100% Fruit | Mango Muffins 50% Fruit | Nutless Bakewell Tart | Fruit Jellies and Ice-Cream |
| 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

