

Truro School Prep Menu

Spring Term 2024

Week Two

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Carrot and Coriander	Red Pepper and Tomato	Smokey Tomato and Chickpea	Roasted Vegetable	Broccoli and Potato
Main Meal	Chilli Con Carne	Mexican Chicken Fajitas	Topside Beef	English Breakfast Bacon and Sausages	Herbed Crusted Salmon
Vegetarian Meal	Chilli Bean	Quorn Fillet	Nutless Roast	Quorn Sausages	Stuffed Jackets
Starchy Foods	White and Brown Rice Jacket Potato	Tortillas Jacket Potato	Roast Potatoes Jacket Potato	Toasted Bread Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Diced Baked Potatoes
Vegetables	Corn Salad	Corn on Cob	Local Seasonal Vegetables	Baked Beans and Fresh Tomatoes and Mushrooms	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	Syrup Roly Poly and Custard	Traditional Rice Pudding	Waffles with Cinnamon Apple Sauce 50% Fruit	Toffee Apple Bread and Butter Pudding 50% Fruit	Fruity Flapjack 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

