

## Truro School Prep Menu

Spring Term 2024

Week Three

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
<b>Homemade Soup with Brown Bread</b>	Roasted Pepper	Tomato and Basil	Potato	Lentil	Honeyed Carrot
<b>Main Meal</b>	Jacket Potatoes With Tuna, Cheese, Baked Beans and Coronation Chicken	Indian Beef Keema	Turkey	Cottage Pie	Fish Cakes
<b>Vegetarian Meal</b>	Vegetable Risotto	Vegetable Curry	Quorn Fillets in Gravy	Tomato and Halloumi Slice	Quorn Nuggets
<b>Starchy Foods</b>	Jacket Potato	White and Brown Rice Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	Chips Jacket Potato
<b>Vegetables</b>	Sweet Corn	Tender Stem Broccoli	Local Seasonal Vegetables	Savoy Cabbage	Baked Beans
<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>	Treacle Tart and Custard	Beetroot and Raspberry Cake 50% Fruit	Popcorn Bites	Peach Melba Pie and Ice Cream	Strawberry and Blueberry Profiteroles 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

