

Truro School Prep Menu

Autumn Term 2025

Week Two

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Carrot and Coriander	Red Pepper and Tomato	Tomato and Chickpea	Roasted Vegetable	Broccoli and Potato
Main Meal	Ravioli with Grilled Vegetables in Meaty Sauce	Chinese Pulled Pork	Topside Beef	Creamy Chicken Stroganoff	Spiced Salmon
Vegetarian Meal	Ravioli with Grilled Vegetables in Rustic Tomato Sauce	Spicy Cauliflower	Quorn Fillets	Mushroom Stroganoff	Sweet and Sour Vegetables
Starchy Foods	Garlic Bread Jacket Potatoes	Bao Buns Jacket Potatoes	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces New Potatoes	Tacos White and Brown Rice
Vegetables	Green Beans	Stir Fry Vegetables	Local Seasonal Vegetables	Garden Peas	Shredded Cabbage
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 Roly Poly Served with Custard	Lemon Cheesecake Mousse	Jaffa Cake Tray Bake	Apple and Blackberry Strudel 50% Fruit Served with Evaporated Milk	Banana, Raisin and Cinnamon Muffins 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

