

Truro School Prep Menu

Autumn Term 2025

Week Three

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday – Fish
Homemade Soup with Brown Bread	Roasted Pepper	Tomato and Basil	Potato	Vegetable	Carrot and Tomato
Main Meal	Pork Meatballs in Rich Tomato Sauce	Cuban Beef Picadillo	Turkey	Chicken and Vegetable Pie	White Fish Fishcakes
Vegetarian Meal	Vegan Meatballs in Rich Tomato Sauce	Butternut Squash with Halloumi and Oregano	Quorn Roast	Quorn Sausages	Vegetable Burger
Starchy Foods	Spaghetti Jacket Potatoes	Flat Bread Jacket Potatoes	Roast Potatoes Jacket Potatoes	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Mashed Potatoes	Gastro Chips Jacket Potatoes
Vegetables	Roasted Vegetables	Mixed Beans	Local Seasonal Vegetables	Broccoli	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	Cherry Pie Served with Cream 50% Fruit	Carrot Cake Crumble Blondie 50% Fruit	Banana Fritters and Ice Cream 50% Fruit	Apple and Cinnamon Loaf Cake 50% Fruit	Iced Buns
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

