

Truro School Prep Menu

Spring Term 2026

Week One

	Monday - Simple	Tuesday - World	Wednesday - Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Tomato	Sweet Potato	Leek and Potato	Tomato and Orange	Butternut Squash
Main Meal	Macaroni Cheese DAIRY GLUTEN	Mexican Beef Enchiladas GLUTEN	Chicken Breast	Shepherd's Pie	Breaded Haddock FISH GLUTEN
Vegetarian Meal	Quorn Sausages GLUTEN and Baked Beans	Chilli beans	Quorn Fillets GLUTEN	Stuffed Peppers	Vegetable Fingers GLUTEN
Starchy Foods	Jacket Potatoes Garlic Bread DAIRY GLUTEN	Jacket Potatoes Savoury Rice	Jacket Potatoes Roast Potatoes GLUTEN	Whole-Wheat Pasta GLUTEN Pesto DAIRY, Rustic Tomato & Cheese Sauces DAIRY Jacket Potatoes	Jacket Potatoes Chips
Vegetables	Broccoli	Tangy Mexican Slaw	Local Seasonal Vegetables	Savoy Cabbage	Garden Peas and Sweetcorn
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 GLUTEN EGG Served with Custard DAIRY	Gingerbread People DAIRY EGG GLUTEN	Fruity Rock Cakes GLUTEN SULPHITES EGGS DAIRY 50% Fruit	Banana and Oat Cake GLUTEN SOYA DAIRY 50% Fruit	Fruit Filled Profiteroles GLUTEN DAIRY EGG 50% Fruit
Cold Dessert	Fresh Fruit Low Fat Yoghurts DAIRY SOYA	Fresh Fruit Low Fat Yoghurts DAIRY SOYA	Fresh Fruit Low Fat Yoghurts DAIRY SOYA	Fresh Fruit Low Fat Yoghurts DAIRY SOYA	Fresh Fruit Low Fat Yoghurts DAIRY SOYA

Food Allergies and Intolerances: Please speak to our staff about the ingredients in your meal when taking your lunch
Fresh cool drinking water always available