



Truro School Prep Menu

Spring Term 2026

Week One

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

**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