

Truro School Prep Menu

Spring Term 2026

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	Carbonara DAIRY	Thai Green Chicken Curry	Topside Beef	Sausages and Yorkies DAIRY GLUTEN EGG with Gravy	Fish Pie Whitefish and Salmon FISH
Vegetarian Meal	Quorn Bolognaise EGG	Potato Chickpea Spinach Curry	Vegetable Pie GLUTEN	Glamorgan Sausages GLUTEN	Halloumi Fries DAIRY
Starchy Foods	Jacket Potatoes Spaghetti GLUTEN	Jacket Potatoes White and Brown Rice	Jacket Potatoes Roast Potatoes GLUTEN	Jacket Potatoes Mashed Potato	Whole-Wheat Pasta GLUTEN Pesto DAIRY, Rustic Tomato & Cheese Sauces DAIRY Garlic Bread DAIRY GLUTEN
Vegetables	Corn on Cob	Green Beans and Bamboo Shoots	Local Seasonal Vegetables	Carrots	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	Fruit Crumble GLUTEN DAIRY Served with Custard DAIRY 50% Fruit	Stem Ginger Parkin GLUTEN DAIRY EGG SULPHITES	Fruit Cobblers Served with Cream 50% Fruit	Cinnamon Churros GLUTEN Served with Ice Cream DAIRY	Cranberry and Orange Muffins GLUTEN EGG DAIRY 50% Fruit
Cold Dessert	Fresh Fruits Low Fat Yoghurts DAIRY SOYA	Fresh Fruits Low Fat Yoghurts DAIRY SOYA	Fresh Fruits Low Fat Yoghurts DAIRY SOYA	Fresh Fruits Low Fat Yoghurts DAIRY SOYA	Fresh Fruits 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