

Truro School Prep Menu

Spring Term 2026

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	Sausage Plait GLUTEN	Italian Sourdough Pizzas GLUTEN DAIRY	Pork	Chicken and Leek Pie GLUTEN	Cod Goujons GLUTEN FISH
Vegetarian Meal	Vegan Crumbed Schnitzel GLUTEN SOYA MUSTARD SULPHITES	Cheese and Tomato Sourdough Pizzas GLUTEN DAIRY	Nutless Roast GLUTEN EGG	Cauliflower Cheese Tart DAIRY MUSTARD	Quorn Vegan Dippers GLUTEN
Starchy Foods	Jacket Potatoes Mashed Potatoes	Jacket Potatoes	Jacket Potatoes Roast Potatoes GLUTEN	Whole-Wheat Pasta GLUTEN Pesto DAIRY, Rustic Tomato & Cheese Sauces DAIRY Mashed Potatoes	Jacket Potatoes Gastro Chips
Vegetables	Baked Beans	Tomato, Basil and Onion Salad	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	Treacle Tart with Apple GLUTEN SOYA Served with Custard DAIRY 50% Fruit	Rice Pudding DAIRY	Cinnamon Rolls GLUTEN DAIRY SOYA	Apple Crumble Cake GLUTEN DAIRY SOYA Served with Cream DAIRY 50% Fruit	Cornflake Flapjack DAIRY GLUTEN SOYA
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