



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 <small>GLUTEN</small>	Italian Sourdough Pizzas <small>GLUTEN DAIRY</small>	Pork	Chicken and Leek Pie <small>GLUTEN</small>	Cod Goujons <small>GLUTEN FISH</small>
Vegetarian Meal	Vegan Crumbed Schnitzel <small>GLUTEN SOYA MUSTARD SULPHITES</small>	Cheese and Tomato Sourdough Pizzas <small>GLUTEN DAIRY</small>	Nutless Roast <small>GLUTEN EGG</small>	Cauliflower Cheese Tart <small>DAIRY MUSTARD</small>	Quorn Vegan Dippers <small>GLUTEN</small>
Starchy Foods	Jacket Potatoes Mashed Potatoes	Jacket Potatoes	Jacket Potatoes Roast Potatoes <small>GLUTEN</small>	Whole-Wheat Pasta <small>GLUTEN</small> 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 <small>GLUTEN SOYA</small> Served with Custard DAIRY 50% Fruit	Rice Pudding <small>DAIRY</small>	Cinnamon Rolls <small>GLUTEN DAIRY SOYA</small>	Apple Crumble Cake <small>GLUTEN DAIRY SOYA</small> Served with Cream DAIRY 50% Fruit	Cornflake Flapjack <small>DAIRY GLUTEN SOYA</small>
Cold Dessert	Fresh Fruits Low Fat Yoghurts <small>DAIRY SOYA</small>	Fresh Fruits Low Fat Yoghurts <small>DAIRY SOYA</small>	Fresh Fruits Low Fat Yoghurts <small>DAIRY SOYA</small>	Fresh Fruits Low Fat Yoghurts <small>DAIRY SOYA</small>	Fresh Fruits 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