

## Truro Prep School Breakfast Menu

### Autumn Term

| Monday                                                                          | Tuesday                                                                         | Wednesday                                                                       | Thursday                                                                        | Friday                                                                          |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Bacon<br>Egg                                                                    | Low Salt and Sugar Baked<br>Beans or<br>Poached Eggs on Toast                   | Sausage<br>Egg Muffins<br>Hash Browns                                           | <b>Pancakes with fruit<br/>compote/yogurt<br/>Scrambled Egg on Toast</b>        | Eggy Bread<br>Low Salt and Sugar Baked<br>Beans                                 |
| Yogurt<br>Homemade Granola<br>Berry Compote                                     | Yogurt<br>Homemade Granola<br>Berry Compote                                     | Yogurt<br>Homemade Granola<br>Berry Compote                                     | Yogurt<br>Homemade Granola<br>Berry Compote                                     | Yogurt<br>Homemade Granola<br>Berry Compote                                     |
| Selection of Cereals<br>Toast & Butter                                          | Selection of Cereals<br>Toast & Butter                                          | Selection of Cereals<br>Toast & Butter                                          | Selection of Cereals<br>Toast & Butter                                          | Selection of Cereals<br>Toast & Butter                                          |
| Homemade Breakfast<br>Muffins. Lemon and<br>Blueberry, Strawberry and<br>Banana | Homemade Breakfast<br>Muffins. Lemon and<br>Blueberry, Strawberry and<br>Banana | Homemade Breakfast<br>Muffins. Lemon and<br>Blueberry, Strawberry and<br>Banana | Homemade Breakfast<br>Muffins. Lemon and<br>Blueberry, Strawberry and<br>Banana | Homemade Breakfast<br>Muffins. Lemon and<br>Blueberry, Strawberry and<br>Banana |
| Fresh Fruit<br>Milk Water, Apple or<br>Orange Juice                             | Fresh Fruit<br>Milk Water, Apple or<br>Orange Juice                             | Fresh Fruit<br>Milk, Water, Apple or Orange<br>Juice                            | Fresh Fruit<br>Milk, Water, Apple or<br>Orange Juice                            | Fresh Fruit<br>Milk, Water, Apple or<br>Orange Juice                            |

**Food Allergies and Intolerances:** Please speak to our staff about the ingredients in your meal when taking your breakfast