

## Truro School Prep Menu

Autumn Term 2024

Week One

	Monday - Simple	Tuesday - World	Wednesday - Roast	Thursday – Traditional	Friday - Fish
<b>Homemade Soup with Brown Bread</b>	Tomato	Sweet Potato	Vegetable	Leek and Potato	Butternut Squash
<b>Main Meal</b>	Three Cheese and Broccoli Pasta Bake	Indian Chicken Balti	Pork	Sausages in Yorkies	Traditional Fish and Chips
<b>Vegetarian Meal</b>	Vegan Meatballs in Tomato and Basil Sauce	Vegetable Curry	Nutless Roast	Quorn Vegetarian Sausages	Vegan Crumbed Schnitzel
<b>Starchy Foods</b>	Garlic Bread Jacket Potato	White and Brown Rice Jacket Potato	Roast Potatoes Jacket Potato	Mashed Potato	Chips Jacket Potato
<b>Vegetables</b>	Caesar Salad	Tomato and Onion Salad	Local Seasonal Vegetables	Carrots	Garden Peas
<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>	Rhubarb and Apple Crumble 50% Fruit	Raspberry and Peach Bread and Butter Pudding 50% Fruit	Strawberry Cake 50% Fruit	Fruity Flapjack Cookies	Yarde Farm Ice Cream
<b>Cold Dessert</b>	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts	Fresh Fruit Low Fat Yoghurts

**Food Allergies and Intolerances:** Please speak to our staff about the ingredients in your meal, when taking your lunch cool, fresh drinking water always available

**(H)** Halal Meat Available by Prior Arrangement



**Marine Stewardship Council**  
Certified sustainable seafood

