

Truro School Prep Menu

Autumn Term 2024

Week Two

| | Monday – Simple | Tuesday – World | Wednesday – Roast | Thursday – Traditional | Friday - Fish |
|---------------------------------------|---|---|---|---|---|
| Homemade Soup with Brown Bread | Carrot and Coriander | Red Pepper and Tomato | Smokey Tomato and Chickpea | Roasted Vegetable | Broccoli and Potato |
| Main Meal | Sausage Plait | Chinese Sweet and Sour Pork | Topside Beef | Chicken and Leek Pie | Steamed Salmon in Parsley Sauce |
| Vegetarian Meal | Vegetable fingers | Vegetable and Bean Stir Fry | Quorn Fillet | Stuffed Mushrooms | Quorn Nuggets |
| Starchy Foods | Mashed Potato | Noodles Jacket Potato | Roast Potatoes Jacket Potato | Baked New Potatoes Jacket Potatoes | Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Croquette Potatoes |
| Vegetables | Baked Beans | Chinese Cabbage Salad | Local Seasonal Vegetables | Green Beans | 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 | Nutless Blueberry Bakewell Tart 50% Fruit | Cornflake Tart Flapjack | Pineapple and Orange Swirl Cheesecake 50% Fruit | Chelsea Buns 50% Fruit | Apple Crumble and Custard Cupcakes 50% Fruit |
| Cold Dessert | Fresh Fruits Low Fat Yoghurts | Fresh Fruits Low Fat Yoghurts | Fresh Fruits Low Fat Yoghurts | Fresh Fruits Low Fat Yoghurts | Fresh Fruits 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

