



**TRURO
SCHOOL
PREP**

Truro School Prep Menu

Autumn Term 2024

Week Three

	Monday – Simple	Tuesday – World	Wednesday – Roast	Thursday – Traditional	Friday - Fish
Homemade Soup with Brown Bread	Roasted Pepper	Tomato and Basil	Potato	Lentil	Honeyed Carrot
Main Meal	Pizzas Pepperoni and Ham & Pineapple	Italian Lasagne	Chicken	Shepherd's Pie	Fishcakes
Vegetarian Meal	Pizzas Cheese & Tom	Vegetable Lasagne	Quorn Roast	Chilli Bean	Quorn Nuggets
Starchy Foods	Jacket Potato	Garlic Bread Jacket Potato	Roast Potatoes	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	Chips Jacket Potato
Vegetables	Tomato and Mozzarella Salad	Italian Green Beans	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	Pear and Ginger Roly Poly 50% Fruit	Scotch Pancakes	Key Lime Pound Cake	Two Tone Jellies	Strawberry and Yoghurt Muffins 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

