

Truro School Prep Menu

Summer 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	Chicken Burgers	Chinese Pork Meatballs in Ginger Garlic and Chilli Sauce	Topside Beef	Corned Beef Hash	Loaded Fish Burritos
Vegetarian Meal	Bean Burger	Quorn Meatball	Quorn Roast	Mexican Casserole	Mixed Chilli Bean
Starchy Foods	Skinny Fries Jacket Potato	White and Brown Rice Jacket Potato	Roast Potatoes Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces Jacket Potato	Tortilla Wraps Jacket Potato
Vegetables	Coleslaw	Broccoli	Local Seasonal Vegetables	Garden Peas	Rice Salad
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	Banana, Pear and Apple Cake 75% Fruit	Choco-Mocha Tea Loaf	Fruit Salad 100% Fruit	Sorbet	Carrot Cake Flapjack 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

