

**Truro School Prep Menu**

**Summer Term 2024**

**Week Two**

	<b>Monday – Simple</b>	<b>Tuesday – World</b>	<b>Wednesday – Roast</b>	<b>Thursday – Traditional</b>	<b>Friday - Fish</b>
<b>Homemade Soup with Brown Bread</b>	Carrot and Coriander	Red Pepper and Tomato	Smokey Tomato and Chickpea	Roasted Vegetable	Broccoli and Potato
<b>Main Meal</b>	Southern Fried Chicken	Italian Beef Ragu	Chicken Breast	Traditional Breakfast	Salmon En Crouete
<b>Vegetarian Meal</b>	Quorn Southern Fried Escalope's	Chilli Bean	Quorn Fillet	Quorn Sausages	Stuffed Peppers
<b>Starchy Foods</b>	Southern Fried Rice Jacket Potato	Tagliatelle Jacket Potato	Baked New Potatoes Jacket Potato	Potato Waffles Jacket Potato	Whole-Wheat Pasta Pesto, Rustic Tomato & Cheese Sauces New Potatoes
<b>Vegetables</b>	Sweetcorn on Cob	Arugula Salad	Local Seasonal Vegetables	Tomatoes and Mushrooms	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>	Chocolate and Orange Sponge Served with Custard 50% Fruit	Rock Buns 50% Fruit	Fruit Cheesecake 50% Fruit	Strawberry and Lime Crunch	Mousses
<b>Cold Dessert</b>	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

