



School Lunch Menu - Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef lasagne or vegetable lasagne</p> <p>Served with garlic bread and a tomato salad</p>	<p>Southern fried chicken burger or southern fried vegetarian burger</p> <p>Served with coleslaw and onion rings</p>	<p>Pulled pork macaroni cheese or traditional macaroni cheese</p> <p>Served with garlic bread, onion rings and a grilled tomato</p>	<p>Chicken breast wrapped in bacon and drizzled with BBQ sauce</p> <p>Served with roasted new potatoes and broccoli</p>	<p>Freshly battered haddock, fish fingers or battered Quorn sausages</p> <p>Served with chips, peas and homemade tartar sauce</p>
<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Tomato and veggie spaghetti</p> <p>Served with garlic bread</p>	<p>Jacket potato with selection of tasty fillings</p> <p>Served with salad</p>	<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Cottage pie or vegetarian cottage pie</p> <p>Served with savoy cabbage and gravy</p>
<p>Waffles with chocolate sauce</p> <p>Fresh fruit</p>	<p>Toffee apple sponge</p> <p>Fresh fruit</p>	<p>Strawberry cheesecake</p> <p>Fresh fruit</p>	<p>Rice pudding and jam sauce</p> <p>Fresh fruit</p>	<p>Trifle</p> <p>Fresh fruit</p>



TRURO
HIGH SCHOOL
FOR GIRLS

School Lunch Menu - Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spaghetti bolognese or Quorn spaghetti bolognese</p> <p>Served with garlic bread</p>	<p>Thai green chicken curry or Thai green vegetable curry</p> <p>Served with basmati rice and naan bread</p>	<p>Pepperoni or margherita Pizza</p> <p>Served with potato wedges and mixed salad</p>	<p>Cumberland sausages or Quorn sausages</p> <p>Served with Yorkshire pudding, mashed potato, savoy cabbage and gravy</p>	<p>Freshly battered haddock, fish fingers or battered Quorn sausages</p> <p>Served with chips, peas and homemade tartar sauce</p>
<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Cheesy leek tagliatelle</p> <p>Served with garlic bread</p>	<p>Jacket potato with selection of tasty fillings</p> <p>Served with salad</p>	<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Tandoori chicken or vegetable samosa</p> <p>Served with basmati rice, naan and raita</p>
<p>Chocolate muffin with chocolate sauce</p> <p>Fresh fruit</p>	<p>Lemon sponge with custard</p> <p>Fresh fruit</p>	<p>Flapjack</p> <p>Fresh fruit</p>	<p>Rhubarb crumble</p> <p>Fresh fruit</p>	<p>Syrup sponge</p> <p>Fresh fruit</p>



School Lunch Menu - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef chilli or vegetarian chilli</p> <p>Served with rice, pitta, guacamole and mint yoghurt</p>	<p>Pork chop or Quorn fillet</p> <p>Served with gravy, sage and onion stuffing, roast potatoes, brussels sprouts and buttered carrots</p>	<p>Creamy chicken and mustard, smoked bacon and mushroom or tomato and spinach pasta</p> <p>Served with garlic bread</p>	<p>Chicken and pineapple or vegetable stir fry</p> <p>Served with fried noodles</p>	<p>Freshly battered haddock, fish fingers or battered Quorn sausages</p> <p>Served with chips, peas and homemade tartar sauce</p>
<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Spaghetti carbonara or lentil bolognese</p> <p>Served with garlic bread</p>	<p>Jacket potato with selection of tasty fillings</p> <p>Served with salad</p>	<p>Sourdough baguette with selection of tasty fillings</p> <p>Fresh homemade soup</p>	<p>Vegetable and sage crumble</p> <p>Served with herby roast potatoes and a grilled tomato</p>
<p>Chocolate ripple cake</p> <p>Fresh fruit</p>	<p>Apple crumble</p> <p>Fresh fruit</p>	<p>Chocolate fudge cake</p> <p>Fresh fruit</p>	<p>Lemon drizzle cake</p> <p>Fresh fruit</p>	<p>Syrup roly poly</p> <p>Fresh fruit</p>