

Truro High School Lunch Menu 1

Week commencing 1 Jan, 22 Jan, 19 Feb, 11 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	ROASTED RED PEPPER	LEEK & POTATO	TOMATO & BASIL	ROASTED BUTTERNUT	CARROT & PARSNIP
MAIN MEAL	SPAGHETTI BOLOGNAISE GARLIC BREAD GRATED PARMESAN MIXED VEGETABLES CHICKEN & VEGETABLE PIE ROASTED NEW POTATOES MIXED VEGETABLES VEGGIE BOLOGNAISE CHEESE & ONION PIE	CAJUN SPICED CHICKEN IN A SALAD FILLED BURGER POTATO FRIES BAKED BEANS COLESLAW TURKEY & PINEAPPLE STIR FRY FRIED NOODLES SOUTHERN FRIED QUORN BURGER VEGGIE STIR FRY	BASMATI RICE BEEF CURRY MADRAS TANDOORI CHICKEN NAAN BREAD POPPADUM MANGO CHUTNEY VEGETABLE BALTI	BOILED RICE BREADED CHICKEN GOJONS TORTILLA WRAP CURRY SAUCE/BBQ SAUCE SPICY MAYO MIXED SALAD BEEF & ONIONS IN A WHOLEMEAL BAGUETTE WITH HASH BROWN MIXED SALAD BREADED VEGETABLE GOJONS CHEESE & TOMATO IN A WHOLEMEAL BAGUETTE	BATTERED HAKE FISH FINGERS BATTERED SMOKED PORK SAUSAGE CHIPS/ PEAS MUSHY PEAS HOMEMADE TARTARE SAUCE BATTERED QUORN SAUSGES SECOND OPTION WILL CHANGE WEEKLY
PUDDING	TOFFEE APPLE SPONGE	RICE PUDDING AND JAM SAUCE	STRAWBERRY CHEESECAKE	YUM YUM WITH CHOCOLATE SAUCE	LEMON DRIZZLE CAKE

AVAILABLE DAILY:

Handmade wholemeal and white bread, salad, jacket potatoes, yoghurt, fruit pots and fresh fruit

A special diet main course and dessert is also on offer

Truro High School Lunch Menu 2

Week commencing 8 Jan, 29 Jan, 26 Feb, 18 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	SPICY SWEET POTATO	LENTIL & VEGETABLE SOUP	CARROT & PARSNIP	BEAN & TOMATO	LEEK & BUTTERBEAN
MAIN MEAL	<p>PORK SAUSAGES & ONION GRAVY YORKSHIRE PUDDING MASHED POTATO BUTTERED CABBAGE</p> <p>JERK CHICKEN RICE N PEAS WITH SPICY SALSA QUORN SAUSAGES WITH ONION GRAVY</p> <p>CARRIBEAN CURRY</p>	<p>PULLED PORK MAC N CHEESE GARLIC BREAD MIXED VEGETABLES</p> <p>ROAST CHICKEN & SAGE & ONION STUFFING ROAST POTATOES ROASTED VEGETABLES</p> <p>MACARONI CHEESE VEGETABLE & BEAN CRUMBLE</p>	<p><u>MEXICAN THEME DAY</u></p> <p>BOILED RICE BEEF CHILLI CON CARNE CHICKEN FAJITA</p> <p>TORTILLA CHIPS GUACAMOLE SALSA SAUCE MINTED YOGHURT</p> <p>VEGGIE CHILLI VEGGIE FAJITA</p>	<p>ASSORTED HOT DOGS WITH FRIED ONIONS BASMATI RICE</p> <p>CHICKEN CURRY NAAN BREAD</p> <p>VEGGIE HOT DOGS VEGETABLE TIKKA CURRY</p>	<p>BATTERED HAKE FISH FINGERS BATTERED SMOKED PORK SAUSAGE</p> <p>CHIPS/ PEAS MUSHY PEAS HOMEMADE TARTARE SAUCE</p> <p>BATTERED QUORN SAUSGES</p> <p>SECOND OPTION WILL CHANGE WEEKLY</p>
PUDDING	APPLE CRUMBLE	CHOCOLATE FUDGE CAKE	HOMEMADE FLAPJACK	APPLE STREUDEL	BANOFFEE PIE

AVAILABLE DAILY:

Handmade wholemeal and white bread, salad, jacket potatoes, yoghurt, fruit pots and fresh fruit

A special diet main course and dessert is also on offer

Truro High School Lunch Menu 3

Week commencing 15 Jan, 5 Feb, 4 March, 25 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	ROASTED VEGETABLE SOUP	CARROT & PARSNIP SOUP	SWEET POTATO & TOMATO SOUP	BEAN & TOMATO SOUP	LENTIL & VEGETABLE
MAIN MEAL	<p>KATSU CHICKEN BOILED RICE FLATBREAD GREEN BEANS</p> <p>HOMEMADE BEEF LASAGNE GARLIC BREAD PEAS</p> <p>CHICK PEA & SPINACH CURRY</p> <p>TOMATO & LENTIL LASAGNE</p>	<p>PEPPERONI PIZZA POTATO FRIES BAKED BEANS MIXED SALAD</p> <p>ROAST PORK WITH APPLE SAUCE & STUFFING ROAST POTATOES SAVOY CABBAGE CREAMED SWEDE & CARROT</p> <p>CHEESE & TOMATO PIZZA CAULIFLOWER CHEESE</p>	<p>EGG FRIED RICE FRIED NOODLES</p> <p>CHICKEN, GINGER & PINEAPPLE STIR FRY</p> <p>BEEF IN BLACK BEAN SAUCE</p> <p>PRAWN CRACKERS VEGETABLE SPRING ROLLS</p> <p>SWEET & SOUR VEGETABLE STIR FRY</p>	<p>PENNE PASTA</p> <p>BEEF BOLOGNAISE</p> <p>CARBONARA GARLIC BREAD</p> <p>TOMATO & VEGETABLE PASTA SAUCE</p>	<p>BATTERED HAKE FISH FINGERS BATTERED SMOKED PORK SAUSAGE</p> <p>CHIPS/ PEAS MUSHY PEAS HOMEMADE TARTARE SAUCE</p> <p>BATTERED QUORN SAUSGES</p> <p>SECOND OPTION WILL CHANGE WEEKLY</p>
PUDDING	WAFFLE & CHOCOLATE SAUCE	CHOCOLATE SPONGE & CHOCOLATE SAUCE	HOMEMADE CARROT CAKE	SYRUP SPONGE	BAKEWELL TART

AVAILABLE DAILY:

Handmade wholemeal and white bread, salad, jacket potatoes, yoghurt, fruit pots and fresh fruit

A special diet main course and dessert is also on offer