

Truro High School Lunch Menu 1

WEEK 1: 2 September, 23 September, 14 October, 18 November, 9 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	ROASTED RED PEPPER	LEEK & POTATO	TOMATO & BASIL	ROASTED BUTTERNUT	CARROT & PARSNIP
MAIN COUNTER	PORK SAUSAGES, YORKSHIRE PUDDING, ONION GRAVY, MASHED POTATO & SAVOY CABABGE	PULLED PORK MAC N CHEESE GARLIC BREAD/ONION RINGS MIXED SALAD	BEEF CHILLI CHICKEN FAJITA MEXICAN RICE TORTILLA CHIPS GUACAMOLE / SALSA	KATSU CHICKEN CURRY BASMATI RICE SWEETCORN & RED PEPPERS	BATTERED HAKE BATTERED SMOKED PORK SAUSAGE CHIPS MUSHY PEAS/PEAS CURRY SAUCE
SECOND CHOICE	BBQ CHICKEN WITH EGG FRIED RICE STRI FRIED VEGETABLES	HOMEMADE RED THAI CHICKEN CURRY WITH BASMATI RICE & PRAWN CRACKERS	STEAK & MUSHROOM PIE & GRAVY CHEESY MASH GREEN BEANS	BEEF IN BLACK BEAN SAUCE WITH FRIED NOODLES	TO CHANGE WEEKLY
VEGGIE OPTION	QUORN SAUSAGES WITH VEGGIE GRAVY SWEET & SOUR VEGETABLE STIR FRY	MACARONI CHEESE HOMEMADE VEGETABLE THAI CURRY	VEGGIE CHILLI VEGGIE FAJITA CHEESE, POTATO & ONION PIE	VEGGIE KATSU CURRY VEGGIE SAMOSA WITH MINTED YOGHURT	TO CHANGE WEEKLY
PUDDING	CHOCOLATE SPONGE & CHOCOLATE SAUCE	HOMEMADE FLAPJACK	YUM YUM WITH CHOCOLATE SAUCE	HOMEMADE APPLE PIE & CUSTARD	HOMEMADE CARROT CAKE

AVAILABLE DAILY:

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

Truro High School Lunch Menu 2

WEEK 2: 9 September, 30 September, 4 November, 25 November, 16 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	SPICY SWEET POTATO	SPICED TOMATO SOUP	CARROT & PARSNIP	BEAN & TOMATO	LEEK & BUTTERBEAN
MAIN COUNTER	SPAGHETTI BEEF BOLOGNAISE WITH GARLIC BREAD MIXED SALAD	BREADED CHICKEN GOUJONS WITH BOILED RICE / CURRY SAUCE SPICY MAYO PIRI PIRI SAUCE MIXED SALAD	CHICKEN KORMA BEEF MADRAS BASMATI RICE NAAN BREAD MANGO CHUTNEY	CHEESEBURGER IN A WHOLEMEAL SALAD ROLL SOUTHERN FRIED CHICKEN BURGER IN A WHOLEMEAL SALAD ROLL POTATO FRIES	BATTERED HAKE FISH FINGERS BATTERED SMOKED PORK SAUSAGE CHIPS / PEAS MUSHY PEAS
SECOND CHOICE	JERK CHICKEN WITH RICE N PEAS	TERIYAKI BEEF WITH FRIED NOODLES & STIR-FRIED VEGETABLES	HOMEMADE BEEF LASAGNE GARLIC BREAD PEAS TOMATO & ONION SALAD	HONEY GLAZED GAMMON WITH MUSTARD MASH, APPLE GRAVY & ROASTED VEGETABLES	TO CHANGE WEEKLY
VEGGIE OPTION	LENTIL BOLOGNAISE	HALLOUMI FRIES TERIYAKI VEGETABLES	AUBERGINE & TOMATO ROGAN JOSH ROASTED VEGETABLE LASAGNE	BREADED QUORN BURGER IN A CHEESE & SALAD WHOLEMEAL ROLL	BATTERED QUORN SAUSAGES
PUDDING	WAFFLE BAR	CHOCOLATE FUDGE CAKE & ICE CREAM	RICE PUDDING & JAM SAUCE	SYRUP SPONGE	BAKEWELL TART

AVAILABLE DAILY:

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

Truro High School Lunch Menu 3

WEEK 3: 16 September, 7 October, 11 November, 2 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP STATION	ROASTED VEGETABLE	MINESTRONE	SWEET POTATO & TOMATO	TOMATO & BEAN	LENTIL & VEGETABLE
MAIN COUNTER	CHICKEN STIR FRY OR SWEET & SOUR BATTERED PORK BALLS EGG FRIED RICE FRIED NOODLES	PENNE PASTA CREAMY CHICKEN PASTA SAUCE SPICY CHORIZO SAUSAGE PASTA SAUCE GARLIC BREAD	HOMEMADE PEPPERONI PIZZA POTATO FRIES MIXED SALAD	HOT DOG BAR WITH FRIED ONIONS & RELISHES & MUSTARDS	BATTERED HAKE FISH FINGERS CHIPS MUSHY PEAS/PEAS CURRY SAUCE
SECOND CHOICE	POT ROAST BEEF WITH FRENCH ONION HERB & GARLIC ROASTED POTATOES GREEN BEANS	<u>GREEK THEME</u> BEEF STIFADO (Greek Casserole) HOMEMADE LAMB MOUSSAKA / GREEK SALAD	SLOW ROASTED BELLY PORK WITH CIDER GRAVY, CHEESY MASH & BRAISED RED CABBAGE	HOMEMADE HAM, LEEK & CHEESE PIE WITH HASH BROWN & BAKED BEANS	TO CHANGE WEEKLY
VEGGIE OPTION	VEGETABLES IN BLACK BEAN SAUCE VEGETABLE CRUMBLE	TOMATO & BASIL PASTA SAUCE SPINACH, SUN DRIED TOMATOES & FETA CHEESE IN FILO PASTRY	CHEESE & TOMATO PIZZA	VEGGIE HOT DOG WITH FRIED ONIONS HOMEMADE CHEESE & LEEK PIE	BATTERED VEGGIE SAUSAGES
PUDDING	CHOCOLATE CHIP CAKE	MANGO CHEESECAKE	LEMON DRIZZLE CAKE	COFFEE & MANDARIN CAKE	BANOFFEE CRUMBLE

AVAILABLE DAILY:

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