

Exmoor Link Federation – FOOD ALLERGENS

Menu - April 2018 – October 2018

There are 14 allergens that need to be identified when they are used as ingredients.

These are identified on the menu using numbers as the code.

1: Cereals containing gluten 2: Crustaceans 3: Eggs 4: Fish 5: Peanuts
 6: Soybeans 7: Milk 8: Nuts 9: Celery 10: Mustard 11: Sesame
 12: Sulphur dioxide or sulphites 13: Lupin 14: Molluscs

	Week 1	Week 2	Week 3
Monday	A Sausage in a Roll 1 B Quorn Sausage in a Roll 1,3,7 <i>With Seasoned Wedges & Baked Beans 1</i> C Jacket Potato with Beans/Cheese 7 D Ham and Tomato Sandwich 1,7 Ice Cream in a Cone 1,7	Beef Lasagne 1,7,10 <i>with Salad & Garlic Bread 1</i> Vegetable Burger 1,9 <i>with Beans & Diced Potatoes</i> Jacket Potato with Beans/Cheese 7 Cheese Sandwich 1,7 Jelly, Fruit Cocktail & Cream 7,12	Beef Burger in a Bun 1,3 Cheese 7 Cheese Pasty 1,3,7,10 <i>With Oven Baked Wedges and Beans 1</i> Jacket Potato with Beans/Cheese 7 Ham and Tomato Sandwich 1,7 Peaches/Vanilla Ice Cream 7,12
Tuesday	A Beef Curry <i>Rice, Peas and Naan Bread 1</i> B Mediterranean Vegetable and Tomato Pasta Bake 1,7 C Jacket Potato with Chicken Mayo 3 D Egg Mayonnaise Baguette 1,3 Pineapple Upside Down Cake with Custard 1,3,7	Pork Meatballs in a Tomato Sauce Quorn Bolognese 7 <i>with Pasta & Crusty Bread 7</i> Jacket Potato with Chicken Mayo 3 Ham Salad Baguette 1,7 Coconut and Jam Sponge with Custard 1,3,7	Hunters Chicken <i>With Rice and Sweetcorn</i> Vegetarian Toad in the Hole 1,3,7 <i>with New Potatoes and Sweetcorn</i> Jacket Potato with Chicken Mayo 3 Egg Mayonnaise Baguette 1,3 Squidgy Apple Cake 1,3
Wednesday	A Roast Gammon with Pineapple B Cheese and Potato Pie 1,3,7,10 <i>with Roast Potatoes, Cauliflower, Carrots and Gravy 1,6,7</i> Choc & Strawberry Trifle 1,3,7	Roast Chicken with Sage & Onion Stuffing 1,3 Veg & Lentil Crumble 1,7,10 <i>With Roast Potatoes, Carrots, peas and Gravy 1,6,7</i> Banoffee Pie 1,7	Roast Pork with Apple Sauce Quorn Fillet 7 <i>With Roast Potatoes, Carrots, Green Beans and Gravy 1,6,7</i> Lemon Cheesecake 1,3,7
Thursday	A Chicken Supreme 1,7 B Sweet Potato Curry Bites 1,10 <i>with Rice and Peas</i> C Jacket Potato Tuna Mayo 3,4 D Cheese and Salad Wrap 1,3,7 Summer Fruit Crumble with Ice Cream 1,7	All Day Breakfast Bacon, Sausage Vegetarian Sausage 1,3,7 <i>Tomatoes, Mushrooms, Baked Beans, Hash Brown & Scrambled egg 3,7</i> Jacket Potato Tuna Mayo 3,4 Chix Mayo Wrap 1,3,7 Cheese and Biscuits with Grapes and Apple Slices 1,7	Sausage & Tomato Pasta Bake 1,7 Macaroni Cheese 1,7,10 <i>With Salad and Crusty Bread 1</i> Jacket Potato with Tuna Mayo 3,4 Cheese Salad Wrap 1,3,7 Fresh Fruit Salad with Cream 7
Friday	A Oven Baked Battered Fish 1,4 B Vegetarian Sausage Roll 1,3,7 <i>With Chips & Salad</i> Ginger Bread Biscuit 1, Milk 7	Salmon Fish Fingers 1,4 Cheese and Tomato Pizza 1,7 <i>With Chips & Salad</i> Chocolate Drop Biscuit 1,7 Sugar Free Squash	Oven Baked Fish Cake 1,4 Crispy Battered Vegetables 1 <i>With Chips & Salad</i> Flapjack 1 Chocolate Milkshake 7