

Exmoor Link Federation

Menu - April 2018 – October 2018

Week Commencing:	Week 1	Week 2	Week 3
	16 th April, 7 th May, 4 th June, 25 th June, 16 th July, 3 rd Sept, 24 th Sept, 15 th Oct.	23 rd April, 14 th May, 11 th June, 2 nd July, 23 rd July, 10 th Sept, 1 st Oct.	30 th April, 21 st May, 18 th June, 9 th July, 17 th Sept, 8 th Oct.
Monday	A West Country Sausage in a Roll B Quorn Sausage in a Roll <i>With Seasoned Wedges & Baked Beans</i> C Jacket Potato with Beans/Cheese D Ham and Tomato Sandwich Ice Cream in a Cone	Beef Lasagne <i>with Salad & Garlic Bread</i> Vegetable Burger <i>with Beans & Diced Potatoes</i> Jacket Potato with Beans/Cheese Cheese Sandwich Jelly, Fruit Cocktail & Cream	Beef Burger in a Bun with optional Cheese Cheese Pasty <i>With Oven Baked Wedges and Beans</i> Jacket Potato with Beans/Cheese Ham and Tomato Sandwich Peaches with Vanilla Ice Cream
Tuesday	A Beef Curry <i>with Rice, Peas and Naan Bread</i> B Mediterranean Vegetable and Tomato Pasta Bake C Jacket Potato with Chicken Mayo D Egg Mayonnaise Baguette Pineapple Upside Down Cake with Custard	Pork Meatballs in a Tomato Sauce Quorn Bolognese <i>with Pasta & Crusty Bread</i> Jacket Potato with Chicken Mayo Ham Salad Baguette Coconut and Jam Sponge with Custard	Hunters Chicken <i>With Rice and Sweetcorn</i> Vegetarian Toad in the Hole <i>with New Potatoes and Sweetcorn</i> Jacket Potato with Chicken Mayo Egg Mayonnaise Baguette Squidgy Apple Cake
Wednesday	A Roast Gammon with Pineapple B Melty Cheese and Potato Pie <i>with Roast Potatoes, Cauliflower, Carrots and Gravy</i> Chocolate & Strawberry Trifle	Roast Chicken with Sage & Onion Stuffing Vegetable & Lentil Crumble <i>With Roast Potatoes, Carrots, peas and Gravy</i> Banoffee Pie	Roast Pork with Apple Sauce Quorn Fillet <i>With Roast Potatoes, Carrots, Green Beans and Gravy</i> Lemon Cheesecake
Thursday	A Chicken Supreme B Sweet Potato Curry Bites <i>with Rice and Peas</i> C Jacket Potato with Tuna Mayo D Cheese and Salad Wrap Summer Fruit Crumble with Ice Cream	All Day Breakfast Bacon, Sausage Vegetarian Sausage <i>Tomatoes, Mushrooms, Baked Beans, Hash Brown & Scrambled egg</i> Jacket Potato with Tuna Mayo Chicken Mayo and Lettuce Wrap Cheese and Biscuits with Grapes and Apple Slices	Sausage & Tomato Pasta Bake Macaroni Cheese <i>With Salad and Crusty Bread</i> Jacket Potato with Tuna Mayo Cheese Salad Wrap Fresh Fruit Salad with Cream
Friday	A Oven Baked Battered Fish B Vegetarian Sausage Roll <i>With Chips & Salad</i> Ginger Bread Biscuit with Milk	Oven Baked Salmon Fish Fingers Cheese and Tomato Pizza <i>With Chips & Salad</i> Chocolate Drop Biscuit & Sugar Free Squash	Oven Baked Fish Cake Crispy Battered Vegetables <i>With Chips & Salad</i> Flapjack & Chocolate Milkshake

Bread, fresh salad, Homemade Coleslaw, Cheese, Fruit and yoghurts available daily