

Exmoor Link Federation – FOOD ALLERGENS

Menu October 2018 – April 2019

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 Meat Pasty 1,3,7 B Cheese Pasty 1,3,7,10 <i>With Diced Potatoes & Baked Beans</i> C Jacket Potato with Beans/Cheese 7 D Tuna and Cucumber Roll 1,3,4 Sweet Waffle, Bananas, Toffee Sauce and Ice Cream 1,3,7,13	Chicken Burger 1,3 Quorn Chicken Burger 1,3 <i>With Seasoned Wedges 1</i> Beans Jacket Potato with Beans/Cheese 7 Cheese and Tomato Roll 1,7 Jelly, Peaches & Cream 7	West Country Sausages 1 Quorn Sausages 1,3 <i>With Creamy Mashed Potatoes & Beans</i> Jacket Potato with Beans/Cheese 7 Ham Salad Roll 1 Pancake, Strawberry Compote & Ice Cream 1,7
Tuesday	A Chicken Pasta Bake with Crusty Bread 1,7,10 B Sweet & Sour Quorn Chicken with Egg Noodle 1,3 C Jacket Potato with Chicken, Bacon & Sweetcorn Mayo 3 D Bacon, Lettuce and Tomato Baguette 1,7 Strawberry or Chocolate Mousse with Strawberries 7	Beef Cobbler with Herby Diced Potatoes and Mixed Veg 1 Macaroni Cheese with Crusty Bread 1,7,10 Jacket Potato with Chicken Mayo 3 Bacon, Lettuce and Tomato Baguette 1,7 Pineapple upside Down Cake with Custard 1,3,7	Pasta Bolognese 1 Garlic Bread 1 Vegetable Curry with Rice, Naan Bread & Mint Riata 1,7 Jacket Potato with Tuna Mayo 3,4 Bacon, Lettuce and Tomato Baguette 1,7 Sticky Toffee Pud with Cream 1,3,7
Wednesday	A Roast Beef with Yorkshire Pudding 1,3,7 B Cauliflower Cheese 1,7 <i>With Roast Potatoes, Mashed Swede, Carrots</i> Gravy 6,7 Eves Pudding & Cream 1,3,7	Roast Pork with Apple Sauce Homity Pie 3,7 <i>With Roast Potatoes, Carrots, peas</i> Gravy 6,7 Banoffee Pie 1,7	Roast Chicken & Stuffing 1 Quorn Chicken 3 <i>With Roast Potatoes, Carrots, Green Beans</i> Gravy 6,7 Sticky Chocolate Cake 1,3,7
Thursday	A All Day Breakfast Bacon & Sausage 1 B Quorn Sausage 1,3,7 <i>Tomatoes, Mushrooms, Baked Beans, Potato Waffle & Scrambled Egg 3,7</i> C Jacket Pot with Tuna Mayo 3,4 D Ham Salad Wrap 1,3 Bread & Butter Pudding with Custard 1,3,7	Steak & Potato Pie 1,3 Cheese & Potato Parcel 1,3 <i>With Crushed Potatoes & Sweetcorn</i> Jacket Potato with Cheese 7 Tuna & Lettuce Wrap 1,3,4 Lemon Drizzle Cake 1,3,7	Mild Pork Curry with Naan Bread, Peas & Rice 1 Cheese & Tomato Pasta Bake 1,7 <i>With Crusty Bread 1</i> Jacket Pot with Beans/Cheese 7 Cheese Salad Wrap 1,3,7 Toffee Apple Crumble with Custard 1,3,7
Friday	A Battered Fish 1,3,4,7 B Curry Bites 1,10 <i>With Chips, Peas & Salad</i> C Jacket Potato with Cheese 7 Muesli Crunch 1,7 (coconut) Chocolate Milk 7	Salmon Fish Cake 1,3,4,7 Quorn Sausage 1,3,6 <i>With Chips, Baked Beans & Salad</i> Jacket Potato with Beans/Cheese 7 Choc Brownie With Milk 1,3,7	Cod Fish Fingers 1,3,4,7 Vegetarian Sausage Roll 1,3,7 <i>With Chip, Beans & Salad</i> Jacket Pot with Beans/Cheese 7 Flapjack & Sugar Free Squash 1,12