

# Exmoor Link Federation

Menu October 2018 – April 2019

Week Commencing:	Week 1	Week 2	Week 3
	29 <sup>th</sup> Oct, 19 <sup>th</sup> Nov, 10 <sup>th</sup> Dec, 14 <sup>th</sup> Jan, 4 <sup>th</sup> Feb, 4 <sup>th</sup> March, 25 <sup>th</sup> March.	5 <sup>th</sup> Nov, 26 <sup>th</sup> Nov, 17 <sup>th</sup> Dec, 21 <sup>st</sup> Jan, 11 <sup>th</sup> Feb, 11 <sup>th</sup> March 1 <sup>st</sup> April	12 <sup>th</sup> Nov, 3 <sup>rd</sup> Dec, 7 <sup>th</sup> Jan, 28 <sup>th</sup> Jan, 25 <sup>th</sup> Feb, 18 <sup>th</sup> March.
<b>Monday</b>	<b>A Meat Pasty</b> <b>B Cheese Pasty</b> <i>With Diced Potatoes &amp; Baked Beans</i> <b>C Jacket Potato with Beans/Cheese</b> <b>D Tuna and Cucumber Roll</b> <b>Sweet Waffle, Bananas, Toffee Sauce and Ice Cream</b>	<b>Chicken Burger</b> <b>Quorn Chicken Burger</b> <i>With Seasoned Wedges &amp; Beans</i> <b>Jacket Potato with Beans/Cheese</b> <b>Cheese and Tomato Roll</b> <b>Jelly, Peaches &amp; Cream</b>	<b>West Country Sausages</b> <b>Quorn Sausages</b> <i>With Creamy Mashed Potatoes &amp; Beans</i> <b>Jacket Potato with Beans/Cheese</b> <b>Ham Salad Roll</b> <b>Pancake, Strawberry Compote &amp; Ice Cream</b>
<b>Tuesday</b>	<b>A Chicken Pasta Bake with Crusty Bread</b> <b>B Sweet &amp; Sour Quorn Chicken with Egg Noodle</b> <b>C Jacket Potato with Chicken, Bacon &amp; Sweetcorn Mayo</b> <b>D Bacon, Lettuce and Tomato Baguette</b> <b>Strawberry or Chocolate Mousse with Strawberries</b>	<b>Beef Cobbler with Herby Diced Potatoes and Mixed Veg</b> <b>Macaroni Cheese with Crusty Bread</b> <b>Jacket Potato with Chicken Mayo</b> <b>Bacon, Lettuce and Tomato Baguette</b> <b>Pineapple upside Down Cake with Custard</b>	<b>Pasta Bolognese &amp; Garlic Bread</b> <b>Vegetable Curry with Rice, Naan Bread &amp; Mint Riata</b> <b>Jacket Potato with Tuna Mayo</b> <b>Bacon, Lettuce and Tomato Baguette</b> <b>Sticky Toffee Pudding with Cream</b>
<b>Wednesday</b>	<b>A Roast Beef with Yorkshire Pudding</b> <b>B Cauliflower Cheese</b> <i>With Roast Potatoes, Mashed Swede, Carrots and Gravy</i> <b>Eves Pudding &amp; Cream</b>	<b>Roast Pork with Apple Sauce</b> <b>Homity Pie</b> <i>With Roast Potatoes, Carrots, peas and Gravy</i> <b>Banoffee Pie</b>	<b>Roast Chicken &amp; Stuffing</b> <b>Quorn Chicken</b> <i>With Roast Potatoes, Carrots, Green Beans and Gravy</i> <b>Sticky Chocolate Cake</b>
<b>Thursday</b>	<b>A All Day Breakfast Bacon &amp; Sausage</b> <b>B Quorn Sausage</b> <i>Tomatoes, Mushrooms, Baked Beans, Potato Waffle &amp; Scrambled Egg</i> <b>C Jacket Potato with Tuna Mayo</b> <b>D Ham Salad Wrap</b> <b>Bread &amp; Butter Pudding with Custard</b>	<b>Steak &amp; Potato Pie</b> <b>Cheese &amp; Potato Parcel</b> <i>With Crushed Potatoes &amp; Sweetcorn</i> <b>Jacket Potato with Cheese</b> <b>Tuna &amp; Lettuce Wrap</b> <b>Lemon Drizzle Cake</b>	<b>Mild Pork Curry with Naan Bread, Peas &amp; Rice</b> <b>Cheese &amp; Tomato Pasta Bake</b> <i>With Crusty Bread</i> <b>Jacket Potato with Beans/Cheese</b> <b>Cheese Salad Wrap</b> <b>Toffee Apple Crumble with Custard</b>
<b>Friday</b>	<b>A Oven Baked Battered Fish</b> <b>B Curry Bites</b> <i>With Chips, Peas &amp; Salad</i> <b>C Jacket Potato with Cheese</b> <b>Muesli Crunch With Chocolate Milk</b>	<b>Oven Baked Salmon Fish Cake</b> <b>Quorn Sausage</b> <i>With Chips, Baked Beans &amp; Salad</i> <b>Jacket Potato with Beans/Cheese</b> <b>Chocolate Brownie With Milk</b>	<b>Oven Baked Cod Fish Fingers</b> <b>Vegetarian Sausage Roll</b> <i>With Chip, Beans &amp; Salad</i> <b>Jacket Potato with Beans/Cheese</b> <b>Flapjack &amp; Sugar Free Squash</b>

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