

## Exmoor Link Federation - Menu for February – July 2016

**£2.30 per meal – meals free for all Infants (Reception and Years 1 & 2)**

	<b><i>Week 1 – weeks beginning</i></b> 22 <sup>nd</sup> Feb, 14 <sup>th</sup> Mar, 18 <sup>th</sup> Apr, 9 <sup>th</sup> May, 6 <sup>th</sup> Jun, 27 <sup>th</sup> Jun, 18 <sup>th</sup> Jul	<b><i>Week 2 – weeks beginning</i></b> 29 <sup>th</sup> Feb, 12 <sup>st</sup> Mar, 25 <sup>th</sup> Apr, 16 <sup>th</sup> May, 13 <sup>th</sup> Jun, 4 <sup>th</sup> Jul	<b><i>Week 3 – weeks beginning</i></b> 7 <sup>th</sup> Mar, 11 <sup>th</sup> Apr, 2 <sup>nd</sup> May, 23 <sup>rd</sup> May, 20 <sup>th</sup> Jun, 11 <sup>th</sup> Jul
Monday	Hot Dog Vegetarian Hot Dog (v) Oven Baked Wedges & Baked Beans  Ice Cream & Peach Slices	Beef Burgers in a Bap Veggie Burger (v) Oven Baked Wedges, Coleslaw  Fruit Jelly & Cream	Meat & Vegetable Pasty Cheese & Onion Pasty (v) Potato Cubes & Baked Beans  Chocolate Ice Cream
Tuesday	Cottage Pie Quorn Pie (v) Seasonal vegetables  Chocolate Brownie & Milk	Sweet & Sour Chicken with Rice Sweet & Sour Vegetables with Rice (v) Spring Roll  Chocolate Cracknel & Milk	Chicken Curry & Rice Vegetable & Lentil Curry & Rice (V) Peas, Naan Bread  Banana Cake & Custard
Wednesday	Roast Chicken & Stuffing Vegetarian Roast (v) Roast Potatoes, Broccoli & Carrots  Cheese, Biscuits & Grapes	Roast Pork & Apple Sauce Nut Roast (v) Roast Potatoes, Carrots & Peas, Gravy  Strawberries & Strawberry Ice Cream	Roast Beef with Yorkshire Pudding Vegetable Tart (v) Roast Potatoes, Carrots & Swede, Gravy  Flapjack & Milkshake
Thursday	Meatballs in Mediterranean Sauce with Pasta Pasta in a Roasted Vegetable & Lentil Sauce (v) Peas  Apple Crumble & Custard	All Day Breakfast - Bacon, Sausage All Day Breakfast - Vegetarian Sausages (v) Tomatoes, Baked Beans, Potatoes, Mushrooms & Scrambled egg  Treacle Tart & Custard	Pasta Bolognese Quorn Pasta Bolognese (v) Garlic Bread  Raspberry Sponge & Custard
Friday	Breaded Salmon Fishcakes Cheese Wheels (v) Thick Cut Fries Carrot & Pepper Batons  Shortcake Biscuit & Sugar Free Squash	Breaded Fish Crispy Battered Vegetables (v) Thick Cut Fries Carrot & Cucumber Batons  Oat Biscuit & Juice	Fish Fingers Curry Bites (v) Thick Cut Fries Carrot Batons & Tomatoes  Chocolate Drop Biscuit & Sugar Free Squash

**Jacket Potatoes available on Mondays, Tuesdays and Thursdays. Bread, fruit, fresh salad and yoghurts available daily.**