

Exmoor Link Federation

Menu October 2017 – April 2018

	Week 1	Week 2	Week 3
Week Commencing:	30 th Oct, 20 th Nov, 11 th Dec, 15 th Jan, 5 th Feb, 5 th March, 26 th March.	6 th Nov, 27 th Nov, 1 st Jan, 22 nd Jan, 19 th Feb, 12 th March	13 th Nov, 4 th Dec, 8 th Jan, 29 th Jan, 26 th Feb, 19 th March.
Monday	A Chicken Burger in a Bun B Vegetable Burger in a Bun <i>With Seasoned Wedges & Baked Beans</i> C Jacket Potato with Beans/Cheese D Cheese and Tomato Sandwich Sweet Waffle, Bananas and Ice Cream	Pasta Bolognese with Garlic Bread Falafel Hot Dog with Beans & Diced Potatoes Jacket Potato with Beans/Cheese Cheese and Tomato Sandwich Jelly, Peaches & Cream	West Country Sausages Quorn Sausages <i>With Creamy Mashed Potatoes & Beans</i> Jacket Potato with Beans/Cheese Cheese and Tomato Sandwich Chocolate Ice Cream with a Wafer
Tuesday	A Cottage Pie B Quorn Lasagne <i>With Seasonal Mixed Vegetables</i> C Jacket Potato with Chicken Mayo D Tuna Baguette with optional Sweetcorn or Cucumber Carrot Cake	Sweet and Sour Chicken with Noodles and Oriental Vegetables Cheesy Tomato Pasta Bake <i>With Crusty Bread</i> Jacket Potato with Chicken Mayo Tuna Baguette with optional Sweetcorn or Cucumber Pineapple upside Down Cake with Custard	Creamy Bacon Carbonara Mixed Bean Chilli with Rice <i>With Crusty Bread</i> Jacket Potato with Chicken Mayo Tuna Baguette with optional Sweetcorn or Cucumber Banana & Blueberry Muffin
Wednesday	A Roast Chicken with Stuffing B Cauliflower Cheese <i>With Roast Potatoes, Broccoli, Carrots and Gravy</i> Chocolate Brownie	Roast Pork with Apple Sauce Vegetable & Lentil Crumble <i>With Roast Potatoes, Carrots, peas and Gravy</i> Banoffee Pie	Roast Beef with Yorkshire Pudding Nut Cutlet <i>With Roast Potatoes, Carrots, Mashed Swede and Gravy</i> Strawberry Trifle
Thursday	A Pork Meatballs B Quorn Fillet <i>With Mediterranean Tomato Sauce and Rice</i> C Jacket Potato with Tuna Mayo D Ham Salad Wrap Raspberry Sponge with Pink Custard	Toad In The Hole Mediterranean Vegetable and Tomato tart <i>With Crushed Potatoes & Sweetcorn</i> Jacket Potato with Tuna Mayo Ham Salad Wrap Chocolate & Raspberry Muffin	Mild Chicken Curry Sweet Potato Curry Bites <i>With Rice, Peas & Naan Bread</i> Jacket Potato with Tuna Mayo Ham Salad Wrap Toffee Apple Crumble with Custard
Friday	A Oven Baked Battered Fish B Vegetarian Sausage Roll <i>With Chips & Salad</i> Short Bread Biscuit with Strawberry Milkshake	Oven Baked Salmon Fish Cake Cheese and Tomato Pizza <i>With Chips & Salad</i> Flapjack & Sugar Free Squash	Oven Baked Cod Fish Fingers Crispy Battered Vegetables <i>With Chips & Salad</i> Oat Biscuit & Chocolate Milkshake

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

Exmoor Link Federation

Menu October 2017 – April 2018

Menu Information

Lots of time and thought has gone into our new menu, we have kept some of the firm favourites along with introducing some new ones. We hope the children will enjoy trying some of the new meals including the Sweet and Sour Chicken with noodles and the Classic Toad in the Hole.

We try very hard to make the menu balanced and nutritious but also fun and interesting. Where possible we hide lots of extra fruit and vegetables in our sauces and puddings. The Chocolate Brownie dessert is back by popular demand, this dessert contains beetroot...(don't tell the children!)

We have also introduced an option D on a Monday, Tuesday & Thursday. We hope the children will continue to eat our freshly made hot meals but this option will be available to children who are unsure. As always we encourage children to try our new dishes and samples will be available for them.

Our daily salad selection consists of cucumber, tomatoes, lettuce, carrot, apple and peppers. We also include a pasta, rice or couscous dish along with homemade coleslaw, grated cheese and 50/50 bread.