

Exmoor Link Federation

Menu October 2017 – April 2018

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 Chicken Burger in a Bun 1 B Vegetable Burger in a Bun 1,3 <i>With Seasoned Wedges & Baked Beans</i> C Jacket Potato with Beans/Cheese 7 D Cheese & Tomato Sandwich 1,7 Sweet Waffle, Bananas and Ice Cream 1,3,7	Pasta Bolognese with Garlic Bread 1 Falafel Hot Dog with Beans & Diced Potatoes 1 Jacket Potato with Beans/Cheese 7 Cheese & Tomato Sandwich 1,7 Jelly, Peaches & Cream 7	West Country Sausages 1 Quorn Sausages 1,3,6 <i>With Creamy Mashed Potatoes & Beans 7</i> Jacket Potato with Beans/Cheese 7 Cheese & Tomato Sandwich 1,7 Ice Cream with a Wafer 1,7
Tuesday	A Cottage Pie 7 B Quorn Lasagne 1,3,7,10 <i>With Seasonal Mixed Vegetables</i> C Jacket with Chicken Mayo 3 Tuna Baguette with optional Sweetcorn or Cucumber 1,3,4 D Carrot Cake 1,3,7	Sweet & Sour Chicken with Noodles & Oriental Vegetables 1 Cheesy Tomato Pasta Bake 1,7 <i>With Crusty Bread 1</i> Jacket with Chicken Mayo 3 Tuna Baguette with optional Sweetcorn or Cucumber 1,3,4 Pineapple upside Down Cake with Custard 1,3,7	Creamy Bacon Carbonara 1,3,7 Mixed Bean Chilli with Rice <i>With Crusty Bread 1</i> Jacket with Chicken Mayo 3 Tuna Baguette with optional Sweetcorn or Cucumber 1,3,4 Banana & Blueberry Muffin 1,3,7
Wednesday	A Roast Chicken with Stuffing 1 B Cauliflower Cheese 1,7,10 <i>With Roast Potatoes, Broccoli, Carrots and Gravy 1,6,7</i> Chocolate Brownie 1,3,7	Roast Pork with Apple Sauce Vegetable & Lentil Crumble 1,7 <i>With Roast Potatoes, Carrots, peas and Gravy 1,6,7</i> Banoffee Pie 1,7	R Beef with Yorkshire Pudding 1,3 Nut Cutlet 1,3,5,8 <i>With Roast Potatoes, Carrots, Mashed Swede and Gravy 1,6,7</i> Strawberry Trifle 1,7,12
Thursday	A Pork Meatballs 3 B Quorn Fillet 1,3 <i>With Mediterranean Tomato Sauce and Rice</i> C Jacket with Tuna Mayo 3,4 D Ham Salad Wrap 1 Raspberry Sponge with Pink Custard 1,3,7	Toad In The Hole 1,3,7 Mediterranean Vegetable and Tomato tart 1,3,7 <i>With Crushed Potatoes & Sweetcorn</i> Jacket with Tuna Mayo 3,4 Ham Salad Wrap 1 Chocolate & Rasp Muffin 1,3,7	Mild Chicken Curry 1 Sweet Potato Curry Bites 1,10 <i>With Rice, Peas & Naan Bread 1</i> Jacket with Tuna Mayo 3,4 Ham Salad Wrap 1 Toffee Apple Crumble with Custard 1,7
Friday	A Battered Fish 1,3,4,7 B Vegetarian Sausage Roll 1,3,7 <i>With Chips & Salad</i> Short Bread Biscuit 1,7 Strawberry Milkshake 7	Salmon Fish Cake 1,3,4,7 Cheese and Tomato Pizza 1,3,7 <i>With Chips & Salad</i> Flapjack 1 Sugar Free Squash 12	Cod Fish Fingers 1,3,4 Crispy Battered Vegetables 1 <i>With Chips & Salad</i> Oat Biscuit 1 Chocolate Milkshake 7