

# Exmoor Link Federation - ALLERGENS

Menu September 2020

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
<b>Monday</b>	<b>A</b> <b>Chicken Burger</b> 1,3,7 <b>B</b> <b>Quorn fillet</b> 3 <i>With Seasoned Wedges 1</i> <i>Beans</i> <b>C</b> <b>Jacket Potato with Beans/Cheese</b> 7  <b>Peaches and Van I/Cream</b> 7,12	<b>Pasta Bolognese</b> 1, 12 <b>Quorn Bolognese</b> 1,3 <i>With Garlic Bread</i> 1,6,7  <b>Jacket Potato with Beans/Cheese</b> 7  <b>Jelly, Oranges &amp; Cream</b> 7,12	<b>West Country Sausages</b> 1 <b>Quorn Sausages</b> 1 <i>With Creamy Mashed Potato 7</i> <i>Peas</i> <b>Jacket Potato with Beans/Cheese</b> 7  <b>Pancakes with Bananas &amp; Toffee Sauce</b> 1,3,7
<b>Tuesday</b>	<b>A</b> <b>Chicken Supreme</b> 7 <i>with Rice &amp; Peas</i> <b>B</b> <b>Macaroni Cheese</b> 1,7,10 <i>with Crusty Bread</i> 1  <b>C</b> <b>Jacket Potato with a selection of fillings</b>  <b>Sticky Toffee Pud</b> 1,3,7 <b>Ice Cream</b> 7	<b>Sweet &amp; Sour Pork</b> 9 <i>with Noodles</i> 1,3 <b>Quorn Chilli</b> 1,3 <i>with Rice</i>  <b>Jacket Potato with a selection of fillings</b>  <b>Jam &amp; Coconut Sponge</b> 1,3,7 <b>Custard</b> 7	<b>Chicken Korma</b> 7 <i>With Rice &amp; Naan</i> 1,7 <b>Vegetable Lasagne</b> 1,3,7,10 <i>With Garlic Bread</i> 1,6,7  <b>Jacket Potato with a selection of fillings</b>  <b>Pineapple Upside Down Cake with Cream</b> 1,3,7
<b>Wednesday</b>	<b>A</b> <b>R Gammon , pineapple</b> <b>B</b> <b>Quorn Chicken</b> 3 <i>With Roast Pot, broccoli ,</i> <i>Carrots Gravy</i> 1,6  <b>Cheese &amp; Biscuits with Grapes and Apple Slices.</b> 1,7,	<b>Roast Chicken with Stuffing</b> 1 <b>Melty Cheese &amp; Pot Parcel</b> 1,3,7 <i>With Roast Potatoes, Carrots,</i> <i>peas and Gravy</i> 1,6  <b>Squidgy Apple Cake</b> 1,3	<b>Roast Pork with Apple Sauce</b> <b>Vegetable &amp; Lentil Crumble</b> 1,7 <i>With Roast Potatoes, Carrots,</i> <i>Green Beans and Gravy</i> 1,6  <b>Banoffee Pie</b> 1,7
<b>Thursday</b>	<b>A</b> <b>Sausage &amp; Bean Casserole</b> 1,6 <i>With Herby Diced Pots</i> <i>Sweetcorn</i> <b>B</b> <b>Veg Toad in the Hole</b> 1,3,7 <i>Herby Diced Potatoes &amp;</i> <i>Sweetcorn</i> <b>C</b> <b>Jacket Potato with a selection of fillings</b>  <b>Sticky Chocolate Cake</b> 1,3,7	<b>Beef Goulash</b> <i>With Rice &amp; Peas</i> <b>Homity Pie</b> 1,3,7 <i>With Peas</i>  <b>Jacket Potato with a selection of fillings</b>  <b>Raspberry Cheesecake</b> 1,7	<b>Cottage Pie</b> 1,6 <i>With Mixed Vegetables</i> <b>Mediterranean Vegetable &amp; Tomato Pasta Bake</b> 1,7 <b>Jacket Potato with a selection of fillings</b>  <b>Chocolate Puddle Pudding with Ice Cream</b> 1,3,7
<b>Friday</b>	<b>A</b> <b>Baked Battered Fish</b> 1,3,4,7 <b>B</b> <b>Quorn Nuggets</b> 1,3,7 <i>With Chips, Peas &amp; Salad</i> <b>C</b> <b>Jacket Potato with a selection of fillings</b> <b>Gingerbread with Milk</b> 1,7	<b>Breaded Fish Cake</b> 1,3,4,7 <b>Cheese Pasty</b> 1,3,7 <i>With Chips, Beans &amp; Salad</i>  <b>Jacket Potato with a selection of fillings</b> <b>Shortbread Biscuit</b> 1, 7	<b>Salmon Fish Fingers</b> 7 <b>Vegetarian Sausage Roll</b> 1 <i>With Chips, Beans &amp; Salad</i> <b>Jacket Potato with a selection of filling.</b> <b>Apple Flapjack with Milk</b> 1,7