

Exmoor Link Federation

Menu April 2022 – October 2022

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday
Week One: 25 th Apr 16 th May 13 th June 4 th July 25 th July 5 th Sept 26 th Sept 17 th Oct	A: Pulled Pork Bap B: Vegetable Burger <i>Served with Coleslaw, Sweetcorn & Wedges.</i> C: Jacket Potato with a selection of fillings Chocolate or Strawberry Ice Cream in a Cone	A: Pasta Bolognese B: Quorn Bolognese <i>With Garlic Bread</i> C: Jacket Potato with a selection of fillings Raspberry Sponge	A: Roast Turkey with Stuffing B: Vegan Sausage <i>With Roast Potatoes, Broccoli, Carrots and Gravy</i> Fresh Fruit Salad with Cream	A: Ham ploughman's B: Cheese Ploughman's <i>With Crusty Bread, New Potatoes, Coleslaw & Salad</i> C: Jacket Potato with a selection of fillings Pineapple Upside Down Cake with Custard	A: Oven Baked Battered Fish B: Crispy Battered Vegetables <i>Severed with Chips & Beans</i> C: Jacket Potato with a selection of fillings Flapjack
Week Two: 2 nd May 23 rd May 20 th June 11 th July 12 th Sept 3 rd Oct	A: Chicken Burger B: Quorn Nugget Wrap <i>Served with Wedges & Beans</i> C: Jacket Potato with a selection of fillings Peaches, Raspberry Sauce & Ice Cream	A: Sweet & Sour Pork B: Mini Vegetable Spring Rolls <i>with Egg Fried Rice</i> C: Jacket Potato with a selection of fillings Squidgy Apple Cake	A: Roast Gammon with Pineapple B: Vegetable & Lentil Crumble <i>With Roast Potatoes, Cabbage, Carrots and Gravy</i> Chocolate Puddle Pudding with Ice Cream	A: Cottage Pie B: Cauliflower Cheese <i>With Mixed Vegetables</i> C: Jacket Potato with a selection of fillings Banoffee Pie	A: Salmon Fish Fingers B: Veggie Fingers <i>Severed with Chips & Beans</i> C: Jacket Potato with a selection of fillings Chocolate Biscuit
Week Three: 9 th May 6 th June 27 th June 18 th July 19 th Sept 10 th Oct	A: Fish Finger Bap B: Vegetarian Sausage Roll <i>Served with Beans & Wedges.</i> C: Jacket Potato with Cheese and or Beans Fruit Cocktail & Vanilla Ice Cream	A: Creamy Mac N Cheese with Ham B: Creamy Mac N Cheese <i>Served with Crusty Bread & Salad</i> C: Jacket Potato with a selection of fillings Sticky Toffee Pudding & Ice Cream	A: Roast Pork with Apple Sauce B: Homity Pie <i>With Roast Potatoes, Peas, Carrots and Gravy</i> Cheese & Biscuits with Grapes and Apple Slices	A: Chicken Korma, Rice & Peas B: Mediterranean Vegetable and Tomato Pasta Bake C: Jacket Potato with a selection of fillings Sticky Chocolate Cake	A: West Country Sausage B: Quorn Sausage <i>Severed with Chips & Peas</i> C: Jacket Potato with a selection of fillings Shortbread Biscuit

Bread, fresh salad, homemade coleslaw, cheese, fruit and yoghurts available daily.