

Exmoor Link Federation

Menu April 2019 – October 2019

Week Commencing:	Week 1	Week 2	Week 3
	22 nd Apr, 13 th May, 10 th June, 1 st July, 22 nd July, 2 nd Sept, 23 rd Sept, 14 th Oct.	29 th April, 20 th May, 17 th June, 8 th July, 9 th Sept, 30 th Sept.	6 th May, 3 rd June, 24 th June, 15 th July, 16 th Sept, 7 th Oct.
Monday	A Pepperoni Pizza Baguette B Cheese & Tomato Pizza Baguette <i>With Seasoned Wedges & Beans</i> C Jacket Potato with Beans/Cheese D Tuna and Cucumber Roll Ice Cream in a Cone	Beef Burger (Optional Cheese) Vegetable Burger <i>With Seasoned Wedges & Beans</i> Jacket Potato with Beans/Cheese Cheese and Tomato Roll Jelly, Fruit Cocktail & Cream	West Country Sausage in a Roll Quorn Sausage in a Roll <i>With Seasoned Wedges & Beans</i> Jacket Potato with Beans/Cheese Ham Salad Roll Peaches and Vanilla Ice Cream
Tuesday	A Chicken Wrapped in Bacon with BBQ sauce with Rice B Macaroni Cheese with Crusty Bread C Jacket Potato with a selection of fillings D Bacon, Lettuce and Tomato Baguette Summer Fruit Crumble with Ice Cream	Pork Meatballs in Tomato Sauce with Pasta Quorn Chilli with Rice Jacket Potato with a selection of fillings Chicken Mayo Baguette Banana & Blueberry Tray bake	Sweet & Sour Chicken with Egg Fried Rice Mediterranean Vegetable & Tomato Pasta Bake Jacket Potato with a selection of fillings Tuna & Sweetcorn Baguette Sticky Toffee Pudding with Cream
Wednesday	A Roast Gammon & Pineapple B Quorn Chicken <i>With Roast Potatoes, Cabbage, Carrots and Gravy</i> Chocolate Brownie	Roast Chicken with Stuffing Melty Cheese & Potato Parcel <i>With Roast Potatoes, Carrots, peas and Gravy</i> Strawberry Cheesecake	Roast Turkey with Cranberry Sauce Cauliflower & Broccoli Cheese <i>With Roast Potatoes, Carrots, Green Beans and Gravy</i> Cheese & Biscuits with Grapes and Apple Slices.
Thursday	A Beef Lasagne <i>With Herby Diced Potatoes & Salad</i> B Vegetarian Toad in the Hole <i>Herby Diced Potatoes & Sweetcorn</i> C Jacket Potato with a selection of fillings D Cheese Salad Wrap Banoffee Pie	All Day Breakfast Bacon & Sausage Quorn Sausage <i>Tomatoes, Mushrooms, Beans, Hash Browns & Scrambled Egg</i> Jacket Potato with a selection of fillings Ham Salad Wrap Carrot Cake	Ham Ploughman's Cheese & Tomato Quiche <i>With Potato Salad, Pasta Salad Crusty Bread, Coleslaw, Sweetcorn</i> Jacket Potato with a selection of fillings Tuna & Lettuce Salad Wrap Raspberry Sponge and Custard
Friday	A Oven Baked Battered Fish B Curry Bites <i>With Chips, Peas & Salad</i> C Jacket Potato with a selection of fillings Shortbread Biscuit with Milk	Oven Baked Breaded Fish Cake Tempura Battered Vegetables <i>With Chips, Beans & Salad</i> Jacket Potato with a selection of fillings Lemon Drizzle Cake with Squash	Oven Baked Salmon Fish Fingers Vegetarian Sausage Roll <i>With Chip, Beans & Salad</i> Jacket Potato with a selection of filling. Flapjack with Chocolate Milk