

Exmoor Link Federation

Menu October 2019 – April 2020

Week Commencing:	Week 1	Week 2	Week 3
28 th Oct, 18 th Nov, 9 th Dec, 13 th Jan, 3 rd Feb, 2 nd March, 23 rd March.	4 th Nov, 25 th Nov, 16 th Dec, 20 th Jan, 10 th Feb, 9 th March,	11 th Nov, 2 nd Dec, 6 th Jan, 27 th Jan, 24 th Feb, 16 th March,	
Monday	A Pepperoni Pizza Baguette B Cheese & Tomato Pizza Baguette <i>With Seasoned Wedges & Beans</i> C Jacket Potato with Beans/Cheese D Egg Mayonnaise Roll Peaches and Vanilla Ice Cream	Pasta Bolognese Quorn Bolognese <i>With Garlic Bread</i> Jacket Potato with Beans/Cheese Cheese and Tomato Roll Jelly, Oranges & Cream	West Country Sausages Quorn Sausages <i>With Creamy Mashed Potato and Peas</i> Jacket Potato with Beans/Cheese Cream Cheese & Cucumber Roll Pancakes with Bananas & Toffee Sauce
Tuesday	A Chicken Supreme <i>with Rice & Peas</i> B Macaroni Cheese <i>with Crusty Bread</i> C Jacket Potato with a selection of fillings D Cheese and Tomato Pasta Pot Sticky Toffee Pudding & Ice Cream	Sweet & Sour Pork <i>with Noodles</i> Quorn Chilli <i>with Rice</i> Jacket Potato with a selection of fillings Ham Salad Baguette Jam & Coconut Sponge with Custard	Chicken Korma <i>With Rice & Naan</i> Vegetable Lasagne <i>With Garlic Bread</i> Jacket Potato with a selection of fillings Tuna & Sweetcorn Pasta Pot Pineapple Upside Down Cake with Cream
Wednesday	A Roast Beef with Yorkshire Pudding B Quorn Chicken <i>With Roast Potatoes, Swede, Carrots and Gravy</i> Cheese & Biscuits with Grapes and Apple Slices.	Roast Chicken with Stuffing Melty Cheese & Potato Parcel <i>With Roast Potatoes, Carrots, peas and Gravy</i> Squidgy Apple Cake	Roast Pork with Apple Sauce Vegetable & Lentil Crumble <i>With Roast Potatoes, Carrots, Green Beans and Gravy</i> Banoffee Pie
Thursday	A Sausage & Bean Casserole <i>With Herby Diced Potatoes & Sweetcorn</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 Sticky Chocolate Cake	Beef Goulash <i>With Rice & Peas</i> Homity Pie <i>With Peas</i> Jacket Potato with a selection of fillings Chicken, Bacon and Sweetcorn Pasta Pot Raspberry Cheesecake	Cottage Pie <i>With Mixed Vegetables</i> Mediterranean Vegetable & Tomato Pasta Bake Jacket Potato with a selection of fillings Chicken Mayo & Salad Wrap Chocolate Puddle Pudding with Ice Cream
Friday	A Oven Baked Battered Fish B Quorn Nuggets <i>With Chips, Peas & Salad</i> C Jacket Potato with a selection of fillings Gingerbread Biscuit with Milk	Oven Baked Breaded Fish Cake Cheese Pasty <i>With Chips, Beans & Salad</i> Jacket Potato with a selection of fillings Shortbread Biscuit with Squash	Oven Baked Salmon Fish Fingers Vegetarian Sausage Roll <i>With Chips, Beans & Salad</i> Jacket Potato with a selection of filling. Apple Flapjack with Milk

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