

Exmoor Link Federation

Menu January 2021

Week Commencing:	Week 1	Week 2	Week 3
8 th March, 29 th March, 26 th April, 17 th May.	15 th March, 12 th April, 3 rd May, 24 th May.	22 nd March, 19 th April, 10 th May.	
Monday	A Chicken Burger B Quorn Fillet Burger <i>With Seasoned Wedges & Beans</i> C Jacket Potato with Beans/Cheese Pancakes with Bananas and Toffee Sauce	Pasta Bolognese Quorn Bolognese <i>With Garlic Bread</i> Jacket Potato with Beans/Cheese Peaches and Ice Cream	West Country Sausages Quorn Sausages <i>With Creamy Mashed Potato and Peas</i> Jacket Potato with Beans/Cheese Apple Crumble with Ice Cream
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 Sticky Toffee Pudding & Ice Cream	Sweet & Sour Pork <i>with Noodles</i> Quorn Chilli <i>with Rice</i> Jacket Potato with a selection of filling 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 Pineapple Upside Down Cake with Cream
Wednesday	A Roast Gammon with Pineapple B Quorn Chicken <i>With Roast Potatoes, broccoli, 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 Sticky Chocolate Cake	Beef Goulash <i>With Rice & Peas</i> Homity Pie <i>With Peas</i> Jacket Potato with a selection of fillings Raspberry Cheesecake	Cottage Pie <i>With Mixed Vegetables</i> Mediterranean Vegetable & Tomato Pasta Bake Jacket Potato with a selection of fillings 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