

# Exmoor Link Federation

## Menu September 2020

Week Commencing:	Week 1	Week 2	Week 3
7 <sup>th</sup> Sept, 28 <sup>th</sup> Sept, 19 <sup>th</sup> Oct, 16 <sup>th</sup> Nov, 30 <sup>th</sup> Nov, 7 <sup>th</sup> Dec.	14 <sup>th</sup> Sept, 5 <sup>th</sup> Oct, 2 <sup>nd</sup> Nov, 23 <sup>rd</sup> Nov, 14 <sup>th</sup> Dec.	21 <sup>st</sup> Sept, 12 <sup>th</sup> Oct, 9 <sup>th</sup> Nov, 30 <sup>th</sup> Nov.	
<b>Monday</b>	<b>A</b> <b>Chicken Burger</b> <b>B</b> <b>Quorn Fillet Burger</b> <i>With Seasoned Wedges &amp; Beans</i>  <b>C</b> <b>Jacket Potato with Beans/Cheese</b>  Peaches and Vanilla Ice Cream	<b>Pasta Bolognese</b> <b>Quorn Bolognese</b> <i>With Garlic Bread</i>  <b>Jacket Potato with Beans/Cheese</b>  Jelly, Oranges & Cream	<b>West Country Sausages</b> <b>Quorn Sausages</b> <i>With Creamy Mashed Potato and Peas</i>  <b>Jacket Potato with Beans/Cheese</b>  Pancakes with Bananas & Toffee Sauce
<b>Tuesday</b>	<b>A</b> <b>Chicken Supreme</b> <i>with Rice &amp; Peas</i> <b>B</b> <b>Macaroni Cheese</b> <i>with Crusty Bread</i>  <b>C</b> <b>Jacket Potato with a selection of fillings</b>  Sticky Toffee Pudding & Ice Cream	<b>Sweet &amp; Sour Pork</b> <i>with Noodles</i> <b>Quorn Chilli</b> <i>with Rice</i>  <b>Jacket Potato with a selection of fillings</b>  Jam & Coconut Sponge with Custard	<b>Chicken Korma</b> <i>With Rice &amp; Naan</i> <b>Vegetable Lasagne</b> <i>With Garlic Bread</i>  <b>Jacket Potato with a selection of fillings</b>  Pineapple Upside Down Cake with Cream
<b>Wednesday</b>	<b>A</b> <b>Roast Gammon with Pineapple</b>  <b>B</b> <b>Quorn Chicken</b> <i>With Roast Potatoes, broccoli, Carrots and Gravy</i>  <b>Cheese &amp; Biscuits with Grapes and Apple Slices.</b>	<b>Roast Chicken with Stuffing</b>  <b>Melty Cheese &amp; Potato Parcel</b> <i>With Roast Potatoes, Carrots, peas and Gravy</i>  <b>Squidgy Apple Cake</b>	<b>Roast Pork with Apple Sauce</b>  <b>Vegetable &amp; Lentil Crumble</b> <i>With Roast Potatoes, Carrots, Green Beans and Gravy</i>  <b>Banoffee Pie</b>
<b>Thursday</b>	<b>A</b> <b>Sausage &amp; Bean Casserole</b> <i>With Herby Diced Potatoes &amp; Sweetcorn</i>  <b>B</b> <b>Vegetarian Toad in the Hole</b> <i>Herby Diced Potatoes &amp; Sweetcorn</i>  <b>C</b> <b>Jacket Potato with a selection of fillings</b>  Sticky Chocolate Cake	<b>Beef Goulash</b> <i>With Rice &amp; Peas</i>  <b>Homity Pie</b> <i>With Peas</i>  <b>Jacket Potato with a selection of fillings</b>  Raspberry Cheesecake	<b>Cottage Pie</b> <i>With Mixed Vegetables</i>  <b>Mediterranean Vegetable &amp; Tomato Pasta Bake</b>  <b>Jacket Potato with a selection of fillings</b>  Chocolate Puddle Pudding with Ice Cream
<b>Friday</b>	<b>A</b> <b>Oven Baked Battered Fish</b> <b>B</b> <b>Quorn Nuggets</b> <i>With Chips, Peas &amp; Salad</i>  <b>C</b> <b>Jacket Potato with a selection of fillings</b> <b>Gingerbread Biscuit with Milk</b>	<b>Oven Baked Breaded Fish Cake</b> <b>Cheese Pasty</b> <i>With Chips, Beans &amp; Salad</i>  <b>Jacket Potato with a selection of fillings</b> <b>Shortbread Biscuit with Squash</b>	<b>Oven Baked Salmon Fish Fingers</b> <b>Vegetarian Sausage Roll</b> <i>With Chips, Beans &amp; Salad</i>  <b>Jacket Potato with a selection of filling.</b> <b>Apple Flapjack with Milk</b>

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