

MEAL MENU – Autumn 2018 (WEST EXMOOR FEDERATION)

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 3 September ♦ 17 September ♦ 1 October ♦ 15 October					
Main	Chicken Fajitas (served with seasonal vegetables)	Pizza Muffin (served with new potatoes and seasonal vegetables)	Roast Gammon (served with seasonal vegetables and crispy roast potato)	Spanish Chicken Rice (served seasonal vegetables)	Battered Cod Fillet of Fish (served with baked beans & golden fries)
Vegetarian	Quorn Fajitas (served with seasonal vegetables)	Red Pepper Quiche (served with new potatoes and seasonal vegetables)	Vegetarian Roast (served with seasonal vegetables and crispy roast potato)	Egg Ploughman (served with wholemeal roll and pickles)	Veggie Burger <i>(served with baked beans and golden fries)</i>
Jacket	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling
Dessert	Fruit Bar	Fruit Bar	Fruit Bar	Fruit Bar	Biscuit
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 10 September ♦ 24 September ♦ 8 October					
Main	Chicken and Vegetable Pie (served with new potatoes and seasonal vegetables) <i>(GF/D)</i>	Meatballs and Rice (served with seasonal vegetables and pasta)	Roast Turkey (served with seasonal vegetables and crispy roast potato) <i>(GF/D)</i>	Bacon Carbonara (served with seasonal vegetables)	Salmon Nuggets (served with baked beans & golden fries)
Vegetarian	Cheese Ploughman (served with wholemeal roll and pickles)	Vegetable Stir Fry Wrap (served seasonal vegetables and pasta)	Roasted Vegetable Couscous (served with seasonal vegetables and crispy roast potato)	Oven Baked Omelette (served with new potatoes and seasonal vegetables)	Quorn Sausage (served with baked beans & golden fries)
Jacket	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling	Jacket Potato with a choice of filling
Dessert	Fruit Bar	Fruit Bar	Fruit Bar	Fruit Bar	Biscuit

Available each day: Pasta, Salad Bar, Fresh Fruit, Yoghurt, Milk & Water

GF = Gluten Free; D = Dairy Free/Soya Free