

MEAL MENU – WINTER 2018/2019 (WEST EXMOOR FEDERATION)

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 5 Nov ♦ 19 Nov ♦ 3 Dec ♦ 17 Dec ♦ 7 Jan ♦ 21 Jan ♦ 4 Feb ♦ 25 Feb ♦ 11 Mar ♦ 25 Mar					
Main	Pasta Bolognese (served with seasonal vegetables)	Hunters Chicken (served with rice or new potatoes and seasonal vegetables)	Roast Gammon (served with seasonal vegetables and crispy roast potato)	Pasta Carbonara (served with seasonal vegetables)	Battered Cod Fillet of Fish (served with baked beans & golden fries)
Vegetarian	Veggie Pasta (served with seasonal vegetables)	Quorn Chicken (served with rice or new potatoes and seasonal vegetables)	Macaroni Cheese (served with seasonal vegetables)	Bubble and Squeak (served seasonal vegetables)	Quorn Sausage (served with baked beans and 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	Pudding Delight	Fruit Bar	Fruit Bar	Biscuit
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 12 Nov ♦ 26 Nov ♦ 10 Dec ♦ 14 Jan ♦ 28 Jan ♦ 11 Feb ♦ 4 Mar ♦ 18 Mar ♦ 1 Apr					
Main	Sausages (served with new potatoes and seasonal vegetables)	Roast Pork (served with seasonal vegetables and crispy potato)	Tuna Pasta Bake (served with seasonal vegetables)	Roast Gammon (served with seasonal vegetables and crispy potato)	Salmon Fingers (served with baked beans & golden fries)
Vegetarian	Vegetarian Burger (served with new potatoes and seasonal vegetables)	Roasted Vegetable Couscous (served with seasonal vegetables and crispy roast potato)	Vegetarian Autumn Casserole (served with new potatoes and seasonal vegetables)	Leek & Potato Pie (served with seasonal vegetables and crispy roast potato)	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
<i>Available each day: Pasta, Salad Bar, Fresh Fruit, Yoghurt, Milk & Water</i>					

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