

MEAL MENU – Summer 2019 (WEST EXMOOR FEDERATION)

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 22 Apr ♦ 6 May ♦ 20 May ♦ 3 June ♦ 17 June ♦ 1 July ♦ 15 July					
Main	Meatballs (served with pasta or rice and seasonal vegetables)	Pork Sausages <i>(gf, df)</i> (served with new potatoes and seasonal vegetables)	Roast Turkey <i>(gf, df)</i> (served with seasonal vegetables, crispy roast potato and gravy)	Coronation Chicken Salad <i>(gf, df)</i> (served with ½ wholemeal baguette and fruity coleslaw)	Salmon Fingers <i>(gf, df)</i> (served with baked beans & golden fries)
Vegetarian	Pesto Pasta <i>(gf, df, vegan)</i> (served with seasonal vegetables)	Mediterranean Vegetable Risotto <i>(gf, df, vegan)</i> (served with seasonal vegetables)	Vegetable Pasta Bake <i>(gf, df, vegan)</i> (served with seasonal vegetables)	Cheese & Tomato Pizza Muffin <i>(gf, df, vegan)</i> (served seasonal vegetables)	Roasted Vegetable Tart <i>(df, vegan)</i> (served with baked beans and golden fries)
Jacket	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>
Dessert	Fruit Bar	Fruit Bar	Vanilla Ice Cream	Fruit Bar	Biscuit
WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Week Starting 29 Apr ♦ 13 May ♦ 10 June ♦ 24 June ♦ 8 July ♦ 22 July					
Main	Spaghetti Bolognese <i>(gf, df)</i> (served with seasonal vegetables)	Fish Cakes (served with new potatoes and seasonal vegetables)	Roast Gammon (served with seasonal vegetables and roast potatoes) <i>(gf, df)</i>	Ham Salad <i>(gf, df)</i> (served with ½ baguette and fruity coleslaw)	Breaded Fish (served with baked beans & golden fries)
Vegetarian	Homemade Falafel <i>(df, vegan)</i> (served with seasonal vegetables and garlic mayo dip)	Cauliflower Cheese <i>(gf, df, vegan)</i> (served with new potatoes and seasonal vegetables)	Quorn Chicken Roast <i>(gf)</i> (served with roast potatoes and seasonal vegetables)	Veggie Burger (served with ½ baguette and fruity coleslaw)	Veggie Sausage <i>(df, vegan)</i> (served with baked beans & golden fries)
Jacket	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>	Jacket Potato with a choice of filling <i>(gf, df, vegan)</i>
Dessert	Fruit Bar	Fruit Bar	Vanilla Ice Cream	Fruit Bar	Biscuit
<i>Available each day: Pasta, Salad Bar, Fresh Fruit, Yoghurt, Milk & Water</i>					

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

Any items on the menu can be adapted as per the abbreviations in red to suit dietary requirements