



Epping Upland C of E School

Week 1
Autumn 2023

Monday

Jacket Potato Day

served with a variety of hot & cold fillings

Dessert - Homemade Jam Sponge & Custard

Tuesday

Pork & Carrot Meatballs in a rich tomato sauce

served with fluffy rice

Dessert - Fresh Fruit Salad

Spicy Singapore Noodles

served with fresh salad

Wednesday

Roast of the Day - Chicken

served with roast potatoes, carrots & cauliflower

Dessert - Homemade Shortbread

Roasted Mixed Pepper Risotto

served with carrots and cauliflower

Thursday

Cottage Pie

served with broccoli

Dessert - Fruit Flavoured Jelly

Roasted Vegetable Tart with Cheese Topping

served with broccoli

Friday

Chunky Fish Cake

served with crispy chips, baked beans & peas

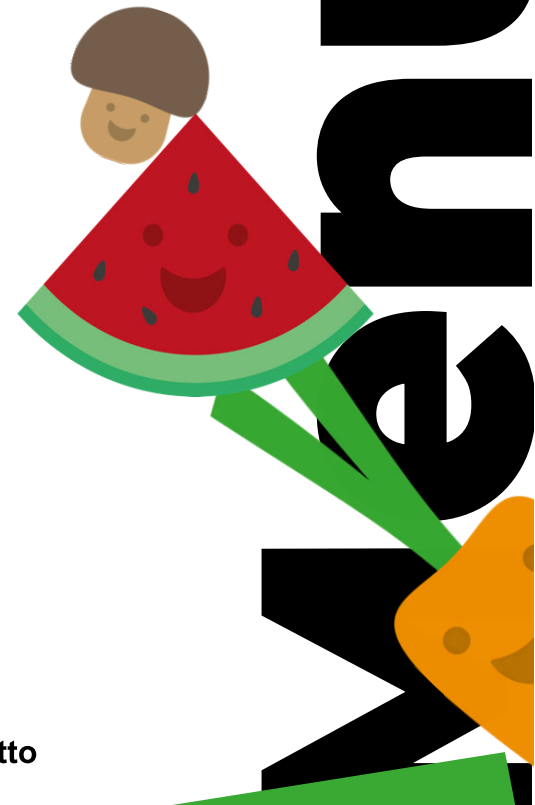
Dessert- Iced Sponge Cake

Crispy Quorn Dippers

served with crispy chips, baked beans & peas

Available everyday

Jacket Potato, Sandwich or Baguette, Salad Bar, Fresh Fruit & Yoghurt



Fresh
All our food is
cooked fresh each
day

Healthy
Our pasta, rice and
breads are healthy
wholemeal products

checked
We always use
reputable suppliers
and where possible
use local produce

