



Epping Upland C of E School

Week 2
Autumn 2023

Monday

Pasta Bolognese
served with a mixed leaf salad

Dessert - Homemade Flapjack

Vegetarian Meatball Pasta
served with a mixed leaf salad

Tuesday

Sticky Chicken
served with fluffy rice & corn on
the cob

Dessert - Fresh Melon Platter

**Sweet Potato & Chickpea
Curry**
served with fluffy rice & corn on
the cob

Wednesday

Roast of the Day - Gammon
served with sweet potato, carrot &
roasted garlic mash & broccoli

Dessert - Creamy Rice Pudding

Macaroni Cheese
served with roasted broccoli

Thursday

Peri-Peri style Chicken
served with jacket wedges & green
beans

Dessert - Homemade Cereal Bar

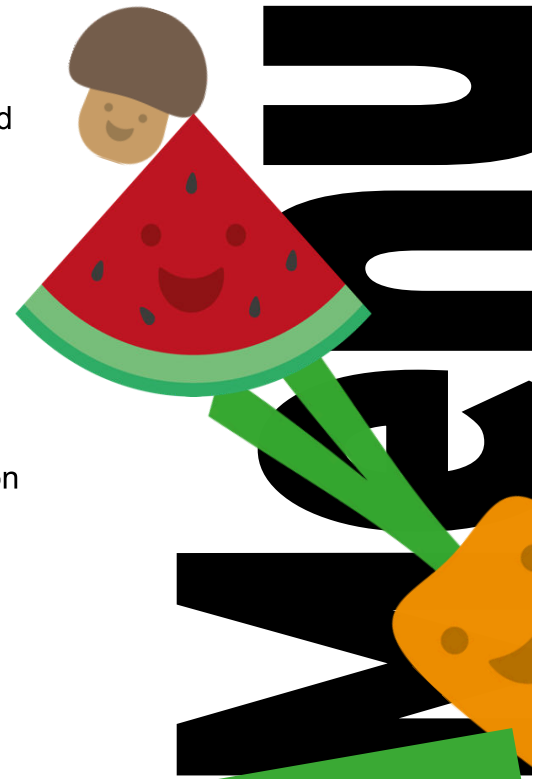
Friday

Fish Fillet
served with crispy chips, baked
beans & peas

Dessert- Chocolate Sponge Cake & Chocolate Custard

Cheese & Tomato Whirl
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

