



# Epping Upland C of E School

Week 3  
Autumn 2023

Monday

## Margarita Pizza Day

served with a mixed leaf & 5 bean salad & corn on the cob

**Dessert** - Homemade Apple Crumble & Custard

Tuesday

## Toad in the Hole

served with roasted vegetables & new potatoes

**Dessert** - Donuts

Wednesday

## Minced Beef Pie

served with mashed potato, broccoli & carrots

**Dessert** - Fresh Fruit Medley

Thursday

## Mild Chicken Curry

served with steamed rice & red cabbage

**Dessert** - Homemade Oat Cookies

Friday

## Fish Finger Wrap

served with crispy chips, baked beans & peas

**Dessert**- Winter Spiced Sponge & Custard

Available everyday

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

## Quorn Fillet

served with roasted vegetables & new potatoes

## Vegetarian Sausage Roll

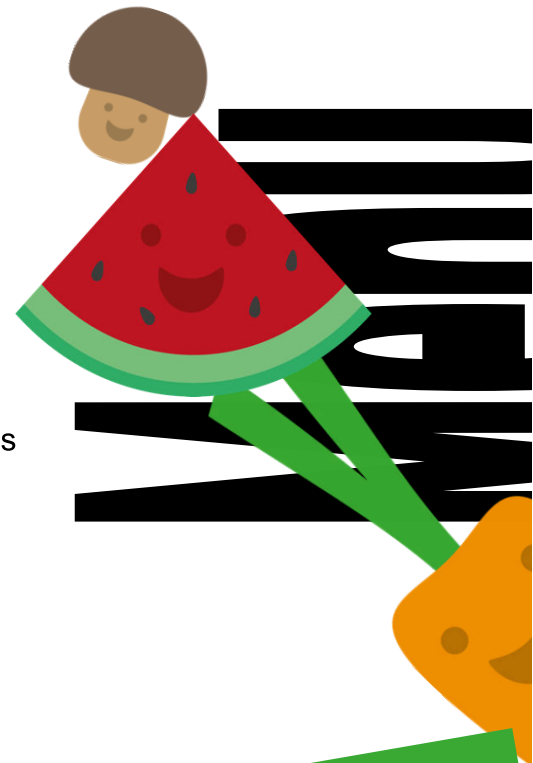
served with mashed potato, broccoli & carrots

## Feta Cheese & Sweet Potato Enchiladas

served with steamed rice & red cabbage

## Roasted Vegetable Pie

served with crispy chips, baked beans & peas



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

