



Epping Upland C of E School

Week 1
Summer 2026

Monday

Macaroni Cheese
served with sweetcorn

Dessert - Homemade Flapjack

Tuesday

Katsu Chicken Curry
served with fluffy rice & kachumber salad

Dessert - Arctic Roll

Wednesday

Sausage & Pasta in Tomato Sauce
served with mixed salad

Dessert - Fresh Fruit Salad

BBQ Mince Quorn
served with fluffy rice & kachumber salad

Veggie Power Balls in Tomato Sauce
served with pasta & mixed salad

Thursday

NEW Salt & Pepper Chicken
served with noodles and stir fried vegetables

Dessert - Chocolate Crunch

Spicy Singapore Noodles
served with stir fried vegetables

Friday

Breaded Fish Fillet
served with crispy chips, baked beans & peas

Dessert - Friday Favourites

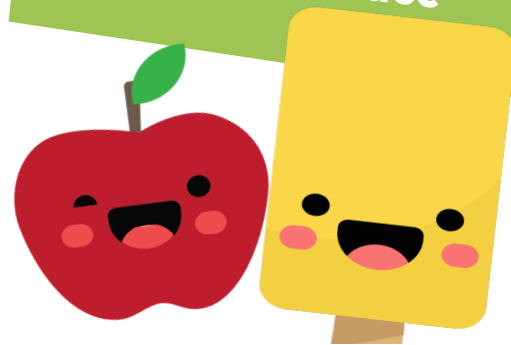
Cheesy Frittata
served with crispy chips, baked beans & peas



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



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