

MIGHTY MEALS MENU 25/26

Great school lunches designed to help young people grow and thrive in everything they do!
Seasonal vegetables are provided with all meals or children can opt out for our 'Pick Your Own' salad bar.

School: Shadwell Primary

N3 COMBI Week ONE

W/C 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26



Look out for why our
MIGHTY MENUS are the
best choice at lunchtime!



Cook's special
Our cooks have chosen
meals they know children
will eat and enjoy.



World wise
Dishes from around
the world to develop
children's tastes.



Brain boosting
Protein packed dishes
to support learning.



High 5
Fresh fruit and veg
to help your child
reach the magic
5 portions a day.



Planet power
Vegetarian and vegan
meals that are good
for children and
the planet.



Eat a rainbow
Desserts that
contain a variety
of fresh fruits.

TASTY!

Mains
Only the best EVERY day

Meat Free

Spud Station & Deli
With Pick Your Own Salad Bar

Desserts
Fresh Fruit & Yoghurt
available daily

MONDAY



Margherita Pizza
(V)(H)
Baby Baked
Potatoes
Fresh Salad



Homemade
Vegetarian Curry
(VE)(H)
Steamed Rice
Cauliflower & Peas



Homemade
Vegetarian Curry
(VE)(H)
Jacket potato option



Jam & Coconut
Sponge

TUESDAY



Chicken Pie with
Puff Pastry Crust,
Mashed Potato,
Broccoli, Carrots
& Gravy



Creamy Cajun
Pasta Bake
(V)(H)
Fresh Salad



Tuna Mayonnaise (H)
Homemade Jacket
Wedges
Filled Soft Bap



Melon Slices &
Home Baked
Shortbread

WEDNESDAY



Beef Chilli Con Carne
with Baked Nachos and
Rice, Peas & Carrots



Vegetarian Sausage
(VE)(H)
Mashed Potato, Peas,
Carrots & Gravy



Tuna Mayonnaise (H)
Beef Chilli Con Carne
Jacket potato option



Flaky Apple &
Cinnamon Swirls

THURSDAY



Roast Gammon Ham,
Yorkshire Pudding,
Mashed or Roast Potatoes,
Roasted Winter Vegetables,
& Gravy



Vegetarian Savoury Grill,
(VE)(H)
Yorkshire Pudding,
Mashed or Roast Potatoes,
Roasted Winter Vegetables,
& Gravy



Soft Roll with Roast Ham
Roast Potatoes



Jelly

FRIDAY



All Day Breakfast
Hash Brown &
Baked Beans



Vegetarian All Day
Breakfast (V)(H)
Hash Brown &
Baked Beans



Baked Beans (V)(H)
Jacket potato option



Freshly Baked
Chocolate Sprinkle
Cookies
Fresh Fruit Wedges

DELICIOUS MEALS EVERY DAY!

WOW!



(V) VEGETARIAN (VE) VEGAN (H) HALAL

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N3 COMBI Week TWO

W/C 10/11/25, 01/12/25, 12/01/26, 02/02/26



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With Pick Your Own Salad Bar

Desserts

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MONDAY



Margherita
Flatbread Pizza (V)(H)
Homemade Jacket
Wedges, Peas &
Sweetcorn

TUESDAY



Homemade
Chicken Curry with
Rice, Cauliflower
& Broccoli

WEDNESDAY



Cheeseburger
Homemade Jacket
Wedges & Fresh Salad

THURSDAY



Roast Chicken, Yorkshire
Pudding, Mashed or Roast
Potatoes, Cabbage & Mashed
Swede/Carrot and Gravy

FRIDAY



Crunchy Salmon Bites
or Fish Fingers (H)
Chips and Tomato
Ketchup, Sweetcorn
& Green Beans



Vegetarian Chilli
with Baked Nachos
and Rice (VE)(H)
Peas & Sweetcorn



Cheddar Cheese
Omelette (V)(H)
Herby Diced Potatoes
Fresh Salad



Vegetarian
Cheeseburger (V)(H)
Homemade Jacket
Wedges & Fresh Salad



Vegetarian Sausage (VE)(H)
Yorkshire Pudding
Mashed or Roast Potatoes,
Cabbage & Mashed Swede/
Carrot and Gravy



Macaroni Cheese
(V)(H)
with Garlic Bread,
Green Beans &
Sweetcorn



Fruity Coleslaw (V)(H)
or **Vegetarian Chilli**
(VE)(H)
Jacket potato option



Roast Ham
Herby Diced Potatoes
Filled Tortilla Wrap



Tuna Mayonnaise (H)
Jacket potato option



Roast Chicken Filled Bap
Roast Potatoes



Baked Beans and
Cheddar Cheese (V)(H)
Jacket potato option



Freshly Baked
Ginger Cookies &
Fresh Fruit Wedges



Fruity Drizzle Cake



Seasonal Plum
Flapjack



Strawberry Ice Cream
Topped with Sprinkles



Chocolate Brownie &
Fresh Fruit Wedges

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N3 COMBI Week THREE

W/C 17/11/25, 08/12/25, 19/01/26, 09/02/26



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Meat Free

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With Pick Your Own Salad bar

Desserts

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MONDAY



Cheesy Bean Filled
Tortilla Wrap (V)(H)
Homemade
Jacket Wedges,
Carrots & Peas

TUESDAY



Homemade Classic
Lasagne with Crusty
Bread, Broccoli &
Sweetcorn

WEDNESDAY



Chicken Power up
Pasta Bowl in a Tomato
Sauce with Cauliflower
& Green Beans

THURSDAY



Classic Toad In The Hole,
Mashed or Roast Potatoes,
Carrots, Sweetcorn
and Gravy

FRIDAY



Fish Fingers (H)
Chips, Peas &
Tomato Ketchup



Spaghetti Topped
with a Vegetarian
Bolognese Sauce
(VE)(H)
Carrots & Peas



Margherita Pizza
(V)(H)
Baby Baked Potatoes,
Broccoli & Sweetcorn



Flaky Baked Vegan
Sausage Roll (VE)(H)
Herby Diced Potatoes,
Cauliflower &
Green Beans



Vegetarian
Toad In The Hole (V)(H)
Mashed or Roast Potatoes,
Carrots, Sweetcorn
and Gravy



Crispy Vegetable
Nuggets (VE)(H)
Chips, Peas & Tomato
Ketchup



Baked Beans (V)(H)
or Vegetarian
Bolognese Sauce
(VE)(H)
Jacket potato option



Egg Mayonnaise (V)(H)
Baby Baked Potatoes
Filled Soft Bap



Cheddar Cheese (V)(H)
Jacket potato option



Pork Sausage Bap
Roast Potatoes



Cheddar Cheese (V)(H)
or
Tuna Mayonnaise (H)
Jacket potato option



Chocolate &
Orange Cake



Golden Syrup
Sponge



Pineapple & Orange
Jelly with
Fresh Fruit Salad



Vanilla Ice Cream
topped with Homemade
Lemon Sauce



Freshly Baked Apple
Pie Cookies with Fresh
Fruit Wedges

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