

MIGHTY MEALS MENU 2026/27

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.

Shadwell Primary School
N3 Week ONE

W/C 01/09/26, 21/09/26, 12/10/26, 02/11/26, 23/11/26,
14/12/26, 04/01/27, 25/01/27



In addition to hot meals your child can choose:



Filled fresh Soft Bag or Tortilla Wrap with side.



Oven baked Jacket Potato with side.

MONDAY

Mains

Frankfurter Pizza (V)(H)
Jacket Wedges
Fresh Salad

TUESDAY

Beef Spaghetti Bolognese

WEDNESDAY

Chicken Shawarma Wrap
Sunshine Rice

THURSDAY

Roast Gammon
Yorkshire Pudding
Roast & Mashed Potato
Gravy

FRIDAY

Battered Fish (H)
Chips

Meat Free

Margherita Pizza (V)(H)
Jacket Wedges
Fresh Salad

Cheese and Bean Wrap (V)(H)
Herby Diced Potatoes

Mixed Pepper Omelette (V)(H)
Jacket Wedges

Vegetarian Sausage (VE)(H)
Yorkshire Pudding
Roast & Mashed Potato
Gravy

Vegetarian Meatballs in Homemade Tomato and Herb Sauce (V) (H)
Chips

Spud Station Dalli

Hot Pasta Pot with Homemade Tomato, Cheese and Herb Sauce (V)(H)

Jacket Potato with Baked Beans (VE)(H)

Tuna Bap (H)
Herby Diced Potatoes

Hot Roast Gammon Bap
Roast Potatoes

Cheese and Red Onion Panini (V)(H)
Chips

Desserts

Ice Cream with Toffee Sauce & Peaches

Pineapple Sponge

Cherry & Coconut Flapjack Bite with Fresh Fruit

Fun Fruit Thursday

Cheesecake topped with Mandarin Oranges



Soil Association

MIGHTY MEALS MENU 2026/27

Shadwell Primary School

N3 Week TWO

Great school lunches designed to **help you eat properly** in everything they do! Seasonal vegetables are provided with all meals or children can opt out for our 'Pick Your Own' salad bar.

W/C 07/09/26, 28/09/26, 19/10/26, 09/11/26, 30/11/26, 11/01/27, 01/02/27



In addition to hot meals your child can choose:



Dahi
Filled fresh Soft Wrap or Tortilla with side.



Oven baked Jacket Potato with side.

MONDAY

Mains

Margherita
Tortilla Pizza (V)(H)
Homemade
Jacket Wedges

TUESDAY

Chicken Pie
Mashed Potato

WEDNESDAY

Chicken Tikka
Masala Curry
Rice

THURSDAY

Roast Pork
Yorkshire
Pudding
Roast Potatoes
Gravy

FRIDAY

Crispy Salmon
Fillet (H)
Tomato Ketchup
Chips

Meat Free

Creamy
Coconut
Chickpea Curry (V)(H)
Rice

Vegetarian Sausage (VE)(H)
Mashed Potato

Mediterranean
Pasta Bake (V)(H)

Vegetarian Grill (VE)(H)
Yorkshire Pudding
Roast Potatoes
Gravy

Vegetarian All Day Breakfast (V)(H)

Spud Station Dahi

Hot Pasta Pot with Homemade Tomato and Basil Sauce (V)(H)

Tuna
Mayonnaise
Parini (H)
Baby Baked Potatoes

Cheese Savoury
Wrap (V)(H)
Herby Diced Potatoes

Hot Roast Pork
Bap
Roast Potatoes

Jacket Potato with Baked Beans (VE)(H)

Desserts

Chocolate
Sponge with
Chocolate
Sauce

Apple Flapjack
Bite with Fresh
Fruit Wedges

Fun Fruit
Wednesday

Cheddar Cheese
with Crackers &
Grapes

Shortbread
Cookie with
Fresh Fruit
Wedges



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MIGHTY MEALS MENU 2026/27

Shadwell Primary School

N3 Week THREE

W/C 14/09/26, 05/10/26, 16/11/26, 07/12/26,
18/01/27, 08/02/27



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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

Margherita
Flatbread Pizza
(V)(H)
Homemade
Jacket Wedges

Chicken Curry
With Rice

Beef Shepherd's
Pie

Pork Sausage
Yorkshire Pudding
Roast & Mashed
Potato
Gravy

Fish Fingers (H)
Chips

Meat Free

Vegetarian
Lasagne (V)(H)
Crusty Bread

Super Five
Pasta Bake
(V)(H) with
Homemade
Garlic Bread

Crispy
Vegetarian
Dippers (V)(H)
Diced Potatoes

Vegetarian Sausage
(VE)(H),
Yorkshire Pudding
Roast & Mashed
Potato
Gravy

Sticky Quorn
Wrap (VE)(H)
Chips

Spud Station & Deli

Jacket Potato
with Cheddar
Cheese (V)(H)

Cold Tuna and
Sweetcorn
Pasta Pot (H)

Ham Bap
Diced Potatoes

Pork Sausage Bap
Roast Potatoes

Jacket Potato
with Baked Beans
(VE)(H)

Desserts

Frozen
Strawberry
Yoghurt with
Berry Sauce

Custard Cream
Traybake
Fresh Fruit
Wedges

Mini Ring
Doughnut with
Chocolate Ice
Cream

Jelly with Fresh
Fruit Salad

Ginger Cookie
Fresh Fruit
Wedges



In addition to hot meals your child can choose:



Deli

Filled fresh soft Bap or Tortilla Wrap with side.



Oven baked Jacket Potato with side.

Spud Station



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