

MIGHTY MEALS MENU 2026

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 School

N3 Week ONE

W/C 23/02, 16/03, 27/04, 18/05, 08/06, 29/06, 20/07.



YUM!

In addition to hot meals your child can choose:

Deli



Filled fresh Soft Bap or Tortilla Wrap with side.

Spud Station



Oven baked Jacket Potato with side.

Mains

MONDAY

Margherita Pizza (V)(H)
Homemade Jacket Wedges

TUESDAY

Ham Omelette
Baby New Potatoes

WEDNESDAY

Breaded Chicken with Katsu Curry Sauce
Sunshine Rice

THURSDAY

Roast Pork with Stuffing
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

FRIDAY

Battered Fish (H)
Chips

Meat Free

Vegetarian Super Five Pasta (V)(H)

Cheesy Bean Wrap (V)(H)
Baby New Potatoes

Vegetarian Brunch Muffin (V)(H)
Herby Diced Potatoes

Vegetarian Sausage with Stuffing (VE)(H)
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

Vegetable Samosa with Yoghurt and Mint Sauce (V)(H)
Masala Potato Salad

Spud Station & Deli

Egg Mayonnaise Bap (V)(H)
Homemade Jacket Wedges

Jacket Potato with Baked Beans (VE)(H)

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

Soft Filled Roll with Roast Pork
Roast Potatoes

Jacket Potato with Cheddar Cheese (V)(H)

Desserts

Fresh Fruit & Yoghurt
available daily.

Ice Cream with Homemade Berry Sauce

Apple and Yoghurt Sponge

Lemon Drizzle Cookies with Fresh Fruit Wedges

Cheese and Crackers with Apple Wedges

Fudgy Chocolate Brownie with Fresh Fruit



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N3 Week TWO

W/C 02/03, 23/03, 04/05, 15/06, 06/07.



YUM!

In addition to hot meals your child can choose:

Deli



Filled fresh Soft Bap or Tortilla Wrap with side.

Spud Station



Oven baked Jacket Potato with side.

Mains

MONDAY

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

TUESDAY

Spaghetti Bolognese
Crusty Bread

WEDNESDAY

Ham and Cheese Pizza
Seasoned Potato Wedges

THURSDAY

Roast Chicken
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

FRIDAY

Crunchy Salmon Bites with Tomato Ketchup (H)
Sauté Potatoes

Meat Free

Quorn Biryani (V)(H)

Veggie Meatballs in Tomato Sauce (V)(H)
Spaghetti Crusty Bread

Margherita Pizza (V)(H)
Seasoned Potato Wedges

Vegetarian Sausage (VE)(H)
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

Vegetarian Sweet Chilli Chicken Style Wrap (V)(H)
Sauté Potatoes

Spud Station & Deli

Jacket Potato with Cheesy Coleslaw (V)(H)

Ham Bap
Homemade Jacket Wedges

Jacket Potato with Baked Beans (VE)(H)

Soft Filled Roll with Roast Chicken
Roast Potatoes

Jacket Potato with Tuna Mayonnaise (H)

Desserts

Fresh Fruit & Yoghurt
available daily.

Raspberry Jelly with Peach Slices

Butterscotch Cookie with Fresh Fruit Wedges

Ice Cream and Toffee Sauce

Sprinkle Sponge with Creamy Custard

Chocolate Crispy Slice with Fresh Fruit



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N3 Week THREE

W/C 09/03, 30/03, 20/04, 11/05, 01/06, 22/06, 13/07



YUM!

In addition to hot meals your child can choose:

Deli



Filled fresh Soft
Bap or Tortilla
Wrap with side.

**Spud
Station**



Oven baked Jacket
Potato with side.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

Margherita
Tortilla Pizza
(V)(H)
Pasta Salad

Chicken Tikka
Masala
Rice and Naan
Bread

Minced Beef
Tacos
Rice

Pork Sausage
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

Fish Finger Butty
(H)
Tomato Ketchup
Chips

Meat Free

Veggie
Meatball Sub
(V)(H)
Homemade
Jacket Wedges

Crispy Topped
Macaroni
Cheese (V)(H)

Vegetarian
Enchiladas
(V)(H)
Rice

Vegetarian
Sausage (VE)(H)
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

Crispy Vegetable
Nuggets (VE)(H)
Tomato Ketchup
Chips

Spud Station & Deli

Jacket Potato
with
Baked Beans
(VE)(H)

Ham Bap
Baby Baked
Potatoes

Jacket Potato
with
Ham and
Cheddar

Soft Filled Roll
with Pork Sausage
Roast Potatoes

Cheddar
Cheese Salad
Wrap (V)(H)
Chips

Desserts

Fresh Fruit & Yoghurt
available daily.

Banoffee
Mousse

Carrot Cake

Chocolate-
Orange
Flapjack with
Fresh Fruit
Wedges

Strawberry
Crunch Sundae

Raspberry Bun
with Fresh Fruit
Wedges