

# 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

Margherita  
Pizza (V)(H)  
Homemade  
Jacket Wedges

Ham Omelette  
Baby New  
Potatoes

Breaded  
Chicken with  
Katsu Curry  
Sauce  
Sunshine Rice

Roast Pork with  
Stuffing  
Yorkshire Pudding  
Mashed Potatoes  
Roast Potatoes  
Gravy

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)

Fresh Fruit & Yoghurt  
available daily

Desserts

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

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.

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School: Shadwell Primary School



N3 Week TWO

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

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

Spaghetti Bolognese  
Crusty Bread

Ham and Cheese Pizza  
Seasoned Potato Wedges

Roast Chicken  
Yorkshire Pudding  
Mashed Potatoes  
Roast Potatoes  
Gravy

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)

Fresh Fruit & Yoghurt available daily  
Desserts

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

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.



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N3 Week THREE

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

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

Fresh Fruit & Yoghurt  
available daily

Desserts

Banoffee  
Mousse

Carrot Cake

Chocolate-  
Orange  
Flapjack with  
Fresh Fruit  
Wedges

Strawberry  
Crunch Sundae

Raspberry Bun  
with Fresh Fruit  
Wedges

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.

