

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.

Oulton Primary School

N3 Week ONE

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

MONDAY

Margherita
Pizza (V)(H)
Homemade
Jacket Wedges

TUESDAY

Ham and
Pepper Quiche
Baby New
Potatoes

WEDNESDAY

Breaded
Chicken with
Katsu Curry
Sauce
Sunshine Rice

THURSDAY

Roast Gammon
with Stuffing
Yorkshire Pudding
Mashed Potatoes
Roast Potatoes
Gravy

FRIDAY

Battered Fish
(H)
Chips

Mains

Meat Free

**Spud Station
& Deli**

Desserts
fresh fruit & yoghurt
available daily

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

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 either Roast
Pork or
Vegetarian
Sausage (V)(H)
Roast Potatoes

Jacket Potato
with
Cheddar
Cheese (V)(H)

Ice Cream with
Homemade
Berry Sauce

Apple and
Yoghurt Sponge
with Creamy
Custard

Lemon Drizzle
Cookies with
Fresh Fruit
Wedges

Cheese and
Crackers with
Apple Wedges

Fudgy
Chocolate
Brownie with
Fresh Fruit

**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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Oulton Primary School

N3 Week TWO

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



YUM!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

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

Spaghetti Bolognese
Crusty Bread

Hawaiian 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 either Roast Chicken or Vegetarian Sausage (V)(H)
Roast Potatoes

Jacket Potato with Tuna Mayonnaise (H)

Desserts
available daily
fresh fruit & yoghurt

Raspberry Jelly with Peach Slices

Butterscotch Cookie with Fresh Fruit Wedges

Pancakes with Ice Cream and Toffee Sauce

Sprinkle Sponge with Creamy Custard

Chocolate Crispy Slice with Fresh Fruit

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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Oulton Primary School

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 either Pork
Sausage or
Vegetarian
Sausage (V)(H)
Roast Potatoes

Cheddar
Cheese Salad
Wrap (V)(H)
Chips

Fresh Fruit & Yoghurt
available daily

Desserts

Banoffee
Mousse

Carrot Cake
with Creamy
Custard

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.