

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

YUM!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

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

Beef Spaghetti
Bolognese

Chicken
Shawarma Wrap
Sunshine Rice

Roast Gammon
Yorkshire
Pudding
Roast & Mashed
Potato
Gravy

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 & Deli

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 or
Vegetarian
Sausage Bap
(VE)(H)
Roast Potatoes

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

Desserts

Ice Cream with
Toffee Sauce &
Peaches

Pineapple
Sponge with
Creamy Custard

Cherry &
Coconut
Flapjack Bite
with Fresh Fruit

Fun Fruit
Thursday

Cheesecake
topped with
Mandarin
Oranges

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 TWO

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

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

Chicken Pie
Mashed Potato

Chicken Tikka
Masala Curry
Rice

Roast Chicken
Yorkshire
Pudding
Roast Potatoes
Gravy

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 & Deli

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

Tuna
Mayonnaise
Panini (H)
Baby Baked
Potatoes

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

Hot Roast
Chicken or
Vegetarian Grill
Bap (V)(H)
Roast Potatoes

Jacket Potato
with
Baked Beans
(VE)(H)

Desserts

Fresh Fruit & Yoghurt
available daily.

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

In addition to hot meals your child can choose:



Filled fresh Soft
Bap or Tortilla
Wrap with side.



Oven baked Jacket
Potato with side.



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N3 Week THREE

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



YUM!

In addition to hot meals your child can choose:



Filled fresh Soft Bap or Tortilla Wrap with side.



Oven baked Jacket Potato with side.



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 or Vegetarian Sausage Bap(V)(H)
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