

MIGHTY MEALS MENU 25/26

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: Park Spring Primary

5 CHOICE STANDARD Week ONE

W/C 03/11/25, 24/11/25, 15/12/25, 05/01/26, 26/01/26



Look out for why our
MIGHTY MENUS are the
best choice at lunchtime!



Cook's special
Our cooks have chosen
meals they know children
will eat and enjoy.



World wise
Dishes from around
the world to develop
children's tastes.



Brain boosting
Protein packed dishes
to support learning.



High 5
Fresh fruit and veg
to help your child
reach the magic
5 portions a day.



Planet power
Vegetarian and vegan
meals that are good
for children and
the planet.



Eat a rainbow
Desserts that contain
a variety of fresh fruits.

TASTY!

Mains

Only the best EVERY day!

Meat Free

Deli

Spud Station

Oven Baked Jacket Potatoes
with Pick Your Own Salad Bar

Desserts

Fresh Fruit & Yogurt

available daily

WOW!

MONDAY



Margherita Pizza
(V)(H)
Baby Baked
Potatoes
Fresh Salad



Homemade
Vegetarian Curry
(VE)(H)
Steamed Rice
Cauliflower & Peas



Cheddar Cheese
Wrap (V)(H)
Baby Baked
Potatoes
PYO Salad Bar



Homemade
Vegetarian Curry
(VE)(H)



Jelly & Ice Cream

TUESDAY



Chicken Pie with
Puff Pastry Crust,
Mashed Potato,
Broccoli, Carrots
& Gravy



Creamy Cajun
Pasta Bake
(V)(H)
Fresh Salad



Tuna Mayonnaise
Bap (H)
Homemade
Jacket Wedges
PYO Salad Bar



Cheddar Cheese
(V)(H)



Melon Slices &
Home Baked
Shortbread

WEDNESDAY



Beef Chilli Con Carne
with Baked Nachos and
Rice, Peas & Carrots



Vegetarian Sausage
(VE)(H)
Mashed Potato, Peas,
Carrots & Gravy



Cheddar Cheese Bap
(V)(H)
Baby Baked Potatoes
PYO Salad Bar



Beef Chilli Con Carne



Flaky Apple &
Cinnamon Swirls

THURSDAY



Roast Gammon Ham,
Yorkshire Pudding,
Mashed or Roast Potatoes,
Roasted Winter Vegetables,
& Gravy



Vegetarian Sausage
(VE)(H)
Yorkshire Pudding,
Mashed or Roast Potatoes,
Roasted Winter Vegetables,
& Gravy



Hot Roast Gammon Ham
Bap



YUM!
Roast Dinner
today!



Jam & Coconut
Sponge with
Creamy Custard

FRIDAY



All Day Breakfast
Hash Brown &
Baked Beans



Vegetarian All Day
Breakfast (V)(H)
Hash Brown &
Baked Beans



Tuna Mayonnaise
Bap (H)
Hash Brown
PYO Salad Bar



Baked Beans
(V)(H)



Freshly Baked
Chocolate Sprinkle
Cookies
Fresh Fruit Wedges

FIVE BIG CHOICES EVERY DAY!



(V) VEGETARIAN (VE) VEGAN (H) HALAL

Allergen information is available on request. Special diets catered for.

MIGHTY MEALS MENU 25/26

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School: Park Spring Primary
5 CHOICE STANDARD Week TWO

W/C 10/11/25, 01/12/25, 12/01/26, 02/02/26



Look out for why our
MIGHTY MENUS are the
best choice at lunchtime!



Cook's special
Our cooks have chosen
meals they know children
will eat and enjoy.



World wise
Dishes from around
the world to develop
children's tastes.



Brain boosting
Protein packed dishes
to support learning.



High 5
Fresh fruit and veg
to help your child
reach the magic
5 portions a day.



Planet power
Vegetarian and vegan
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Eat a rainbow
Desserts that contain
a variety of fresh fruits.

Wow!



MONDAY



Margherita
Flatbread Pizza (V)(H)
Homemade Jacket
Wedges, Peas &
Sweetcorn



Vegetarian Chilli
with Baked Nachos
and Rice (VE)(H)
Peas & Sweetcorn



Cheddar Cheese
Bap (V)(H)
Homemade Jacket
Wedges
PYO Salad Bar



Vegetarian Chilli
(VE)(H)



Strawberry Ice
Cream Topped
with Sprinkles

TUESDAY



Homemade
Chicken Curry with
Rice, Cauliflower
& Broccoli



Cheddar Cheese
Omelette (V)(H)
Herby Diced Potatoes
Fresh Salad



Roast Ham Wrap
Herby Diced Potatoes,
PYO Salad Bar



Homemade
Chicken Curry



Fruity Drizzle
Cake with Creamy
Custard

WEDNESDAY



Cheeseburger
Homemade Jacket
Wedges & Fresh Salad



Vegetarian
Cheeseburger (V)(H)
Homemade Jacket
Wedges & Fresh Salad



Egg Mayonnaise Bap (V)(H)
Homemade Jacket
Wedges, Carrot &
Cucumber Sticks
& Mayo Dip



Tuna Mayonnaise (H)



Seasonal Plum
Flapjack

THURSDAY



Roast Chicken, Yorkshire
Pudding, Mashed or Roast
Potatoes, Cabbage & Mashed
Swede/Carrot and Gravy



Vegetarian Sausage (VE)(H)
Yorkshire Pudding
Mashed or Roast Potatoes,
Cabbage & Mashed Swede/
Carrot and Gravy



Hot Roast Chicken Bap(H)
Roast Potatoes
PYO Salad Bar



YUM!
Roast Dinner
today!



Freshly Baked Ginger
Cookies &
Fresh Fruit Wedges

FRIDAY



Crunchy Salmon Bites
or Fish Fingers (H)
Chips and Tomato
Ketchup, Sweetcorn
& Green Beans



Macaroni Cheese
(V)(H)
with Garlic Bread,
Green Beans &
Sweetcorn



Tuna Mayonnaise
Bap (H)
Chips
PYO Salad Bar



Baked Beans
(V)(H)



Chocolate Brownie &
Fresh Fruit Wedges

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5 CHOICE STANDARD Week THREE

W/C 17/11/25, 08/12/25, 19/01/26, 09/02/26



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Brain boosting
Protein packed dishes
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Vegetarian and vegan
meals that are good
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the planet.



Eat a rainbow
Desserts that contain
a variety of fresh fruits.

TASTY!

Mains

Only the best EVERY day.

Meat Free

Deli

Spud Station

Oven Baked Jacket Potatoes
with Pick Your Own Salad Bar.

Desserts

Fresh Fruit & Yoghurt
available daily.

MONDAY



Cheesy Bean Filled
Tortilla Wrap (V)(H)
Homemade
Jacket Wedges,
Carrots & Peas



Spaghetti Topped
with a Vegetarian
Bolognese Sauce
(VE)(H)
Carrots & Peas



Cheddar Cheese
Wrap (V)(H)
Homemade Jacket
Wedges
PYO Salad Bar



Vegetarian
Bolognese Sauce
(VE)(H)



Vanilla Ice Cream
topped with
Homemade
Lemon Sauce

TUESDAY



Homemade
Classic Lasagne
with Crusty
Bread, Broccoli &
Sweetcorn



Margherita Pizza
(V)(H)
Baby Baked Potatoes,
Broccoli & Sweetcorn



Egg Mayonnaise
Bap (V)(H)
Baby Baked Potatoes,
Carrot & Cucumber
Sticks & Mayo Dip



Tuna Mayonnaise
(H)



Golden Syrup
Sponge with
Creamy Custard

WEDNESDAY



Chicken Power up
Pasta Bowl in a Tomato
Sauce with Cauliflower
& Green Beans



Flaky Baked Vegan
Sausage Roll (VE)(H)
Herby Diced Potatoes,
Cauliflower &
Green Beans



Tuna Mayonnaise
Bap (H)
Herby Diced Potatoes
PYO Salad Bar



Cheddar Cheese (V)(H)



Pineapple & Orange
Jelly with
Fresh Fruit Salad

THURSDAY



Pork Sausage, Yorkshire
Pudding, Mashed or Roast
Potatoes, Carrots, Sweetcorn
and Gravy



Vegetarian Sausage (V)(H),
Yorkshire Pudding,
Mashed or Roast Potatoes,
Carrots, Sweetcorn
and Gravy



Hot Pork Sausage or
Vegetarian Sausage Bap
(VE)(H)
Roast Potatoes
PYO Salad Bar



YUM!
Roast Dinner
today!



Chocolate &
Orange Cake

FRIDAY



Fish Fingers (H)
Chips, Peas &
Tomato Ketchup



Crispy Vegetable
Nuggets (VE)(H)
Chips, Peas & Tomato
Ketchup



Tuna Mayonnaise
Bap (H)
Chips
PYO Salad Bar



Cheddar Cheese
(V)(H)



Freshly Baked Apple
Pie Cookies with Fresh
Fruit Wedges

WOW!

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