

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.

Park Spring Primary

N4 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!

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	Frankfurter Pizza (V)(H) Jacket Wedges Fresh Salad	Beef Spaghetti Bolognese	Chicken Shawarma Wrap Sunshine Rice	Roast Gammon Ham 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	Cheese Omelette Jacket Wedges	Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Vegetarian Meatballs in Homemade Tomato and Herb Sauce (V)(H) Chips
Deli	Egg Mayonnaise Bap (V)(H) Homemade Jacket Wedges	Ham and Tomato Panini Herby Diced Potatoes	Tuna Bap (H) Jacket Wedges	Hot Roast Gammon or Vegetarian Sausage Bap(V)(H) Roast Potatoes	Cheese and Red Onion Panini (V)(H) Chips
Spud Station	Jacket Potato with Cheddar Cheese (V)(H)	Jacket Potato with Baked Beans (VE)(H)	Jacket Potato with Tuna Mayonnaise (H)		Hot Pasta Pot with Homemade Tomato and Herb Sauce (V)(H)
Desserts	Ice Cream with Toffee Sauce & Peaches	Pineapple Sponge with Creamy Custard	Cherry & Coconut Flapjack Bite with Fresh Fruit	Fun Fruit Thursday	Cheesecake Bite topped with Mandarin Oranges

Fresh Fruit & Yoghurt
Desserts
available daily.

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Park Spring Primary

N4 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



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 Tortilla Pizza (V)(H) Homemade Jacket Wedges	Chicken Pie Mashed Potato	Chicken Tikka Masala Curry Rice	Roast Pork Yorkshire Pudding Roast Potatoes Seasonal Vegetables 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 Sausage (VE)(H) Yorkshire Pudding Roast Potatoes Seasonal Vegetables Gravy	Crispy Vegetarian Nuggets (V)(H) Tomato Ketchup Chips
Deli	Cheese Bap (V)(H) Homemade Jacket Wedges	Tuna Mayonnaise Panini (H) Baby Baked Potatoes	Cheese Savoury Wrap (V)(H) Herby Diced Potatoes	Hot Roast Pork or Vegetarian Grill Bap (V)(H) Roast Potatoes	Fish Finger Butty Chips
Spud Station	Hot Pasta Pot with Homemade Tomato and Basil Sauce (V)(H)	Jacket Potato with Cheddar Cheese (V)(H)	Cold Tuna Crunch Pasta Pot (H)		Jacket Potato with Baked Beans (VE)(H)
Desserts	Chocolate Sponge with Chocolate Sauce	Apple Flapjack Bite with Fresh Fruit Wedges	Fun Fruit Wednesday	Ice Cream with Sprinkles	Shortbread Cookie with Fresh Fruit Wedges

Fresh Fruit & Yoghurt
Desserts
available daily.

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Park Spring Primary

N4 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
Seasonal Vegetables
Gravy

Fish Fingers (H)
Chips

Meat Free

Vegetarian
Lasagne (V)(H)
Crusty Bread

Super Five Pasta
Bake with
Homemade
Garlic Bread
(V)(H)

Crispy Vegetarian
Dippers (V)(H)
Diced Potatoes

Vegetarian Sausage
(VE)(H)
Yorkshire Pudding
Roast & Mashed Potato
Seasonal Vegetables
Gravy

Sticky Quorn
Wrap (VE)(H)
Chips

Deli

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

Savoury Cheese
Wrap (V)(H)
Baby Baked
Potatoes

Ham Bap
Diced Potatoes

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

Cheese Panini
(V)(H)
Chips

Spud Station

Jacket Potato
with Cheddar
Cheese (V)(H)

Jacket Potato with
Chicken Curry (H)

Jacket Potato
with Tuna
Mayonnaise (H)

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

Fresh Fruit & Yoghurt
available daily.