

# 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.

Manston Primary

**N3 Week ONE**

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



In addition to hot meals your child can choose:



Deli

Filled fresh Soft Bap or Tortilla Wrap with side.



Oven baked Jacket Potato with side.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mains</b>	Margherita Pizza (V)(H) Homemade Jacket Wedges	Ham and Pepper Quiche 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
<b>Meat Free</b>	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) Chips
<b>Spud Station Deli</b>	Ham Bap Homemade Jacket Wedges	Jacket Potato with Baked Beans (VE)(H)	Cheddar Cheese Wrap (V)(H) Herby Diced Potatoes	Tuna Bap (H) Roast Potatoes	Jacket Potato with Cheddar Cheese (V)(H)
<b>Desserts</b>	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

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**N3 Week TWO**

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



Catering  
Leeds.  
Feeding the Future



In addition to hot meals your child can choose:



Deli

Filled fresh Soft Bap or Tortilla Wrap with side.



Oven baked Jacket Potato with side.



## FRIDAY

## THURSDAY

## WEDNESDAY

## TUESDAY

## MONDAY

**Crunchy Salmon Bites with Tomato Ketchup (H) Chips**

**Roast Chicken Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy**

**Hawaiian Pizza Seasoned Potato Wedges**

**Spaghetti Bolognese Crusty Bread**

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

**Vegetarian Sweet Chilli Chicken Style Wrap (V)(H) Chips**

**Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy**

**Margherita Pizza (V)(H) Seasoned Potato Wedges**

**Veggie Meatballs in Tomato Sauce (V)(H) Spaghetti Crusty Bread**

**Quorn Biryani (V)(H)**

**Jacket Potato with Tuna Mayonnaise (H)**

**Cheddar Cheese Bap (V)(H) Roast Potatoes**

**Jacket Potato with Baked Beans (VE)(H)**

**Ham Bap Homemade Jacket Wedges**

**Jacket Potato with Cheesy Coleslaw (V)(H)**

**Chocolate Crispy Slice with Fresh Fruit**

**Sprinkle Sponge with Creamy Custard**

**Pancakes with Ice Cream and Toffee Sauce**

**Butterscotch Cookie with Fresh Fruit Wedges**

**Raspberry Jelly with Peach Slices**



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**N3 Week THREE**

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



Catering Leeds  
Feeding the Future



In addition to hot meals your child can choose:



## MONDAY

Margherita Tortilla Pizza (V)(H)  
Pasta Salad

## TUESDAY

Chicken Tikka Masala  
Rice and Naan Bread

## WEDNESDAY

Minced Beef Tacos  
Rice

## THURSDAY

Pork Sausage Yorkshire Pudding  
Mashed Potatoes  
Roast Potatoes  
Gravy

## FRIDAY

Fish Finger Butty (H)  
Tomato Ketchup  
Chips

Veggie Meatball Sub (V)(H)  
Homemade Jacket Wedges

Vegetarian Enchiladas (V)(H)  
Rice

Vegetarian Sausage (VE)(H)  
Yorkshire Pudding  
Mashed Potatoes  
Roast Potatoes  
Gravy

Crispy Vegetable Nuggets (VE)(H)  
Tomato Ketchup  
Chips

Jacket Potato with Baked Beans (VE)(H)

Ham Bap  
Baby Baked Potatoes

Jacket Potato with Ham and Cheddar

Tuna Mayonnaise Bap (H)  
Roast Potatoes

Cheddar Cheese Salad Wrap (V)(H)  
Chips

Banoffee Mousse

Carrot Cake with Creamy Custard

Chocolate-Orange Flapjack with Fresh Fruit Wedges

Strawberry Crunch Sundae

Raspberry Bun with Fresh Fruit Wedges



Soil Association