

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: Manston Primary

N3 COMBI Week ONE

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



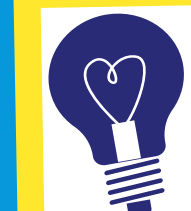
Look out for why our MIGHTY MENUS are the best choice at lunchtime!



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

Spud Station & Deli

With Pick Your Own Salad Bar

Desserts

Fresh Fruit & Yoghurt

available daily

MONDAY



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

TUESDAY



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

WEDNESDAY



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

THURSDAY



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

FRIDAY



All Day Breakfast Hash Brown & Baked Beans



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



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



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



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



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



Homemade Vegetarian Curry (VE)(H)
Jacket potato option



Tuna Mayonnaise (H)
Homemade Jacket Wedges
Filled Soft Bap or a Tortilla Wrap



Tuna Mayonnaise (H)
Beef Chilli Con Carne
Jacket potato option



Cheddar Cheese (V)(H)
Filled Soft Bap



Baked Beans (V)(H)
Jacket potato option



Jam & Coconut Sponge with Creamy Custard



Melon Slices & Home Baked Shortbread



Flaky Apple & Cinnamon Swirls



Jelly & Ice Cream



Freshly Baked Chocolate Sprinkle Cookies
Fresh Fruit Wedges

WOW!

DELICIOUS MEALS EVERY DAY!



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

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

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N3 COMBI Week TWO

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



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World wise

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



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Protein packed dishes to **support** learning.



High 5

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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!

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Spud Station & Deli

With Pick Your Own Salad Bar.

Desserts

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MONDAY



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

TUESDAY



Homemade Chicken Curry with Rice, Cauliflower & Broccoli

WEDNESDAY



Cheeseburger Homemade Jacket Wedges & Fresh Salad

THURSDAY



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

FRIDAY



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



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



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



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



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



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



Cheddar Cheese (V)(H)
Jacket potato option



Roast Ham
Filled Soft Bap



Tuna (H)
Jacket potato option



Cheddar Cheese (V)(H)
Filled Soft Bap



Baked Beans and Cheddar Cheese (V)(H)
Jacket potato option



Freshly Baked Ginger Cookies & Fresh Fruit Wedges



Fruity Drizzle Cake with Creamy Custard



Seasonal Plum Flapjack



Strawberry Ice Cream Topped with Sprinkles



Chocolate Brownie & Fresh Fruit Wedges

WOW!



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School: Manston Primary

N3 COMBI Week THREE

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



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With Pick Your Own Salad Bar.

Desserts

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MONDAY



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

TUESDAY



**Beef Spaghetti
Bolognese with
Crusty Bread,
Broccoli &
Sweetcorn**

WEDNESDAY



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

THURSDAY



**Classic Toad In The Hole,
Mashed or Roast Potatoes,
Carrots, Sweetcorn
and Gravy**

FRIDAY



**Fish Fingers (H)
Chips, Peas &
Tomato Ketchup**



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



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



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



**Vegetarian
Toad In The Hole (V)(H)
Mashed or Roast Potatoes,
Carrots, Sweetcorn
and Gravy**



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



**Baked Beans (V)(H)
or Vegetarian
Bolognese Sauce
(VE)(H)
Jacket potato option**



**Cheddar Cheese
(V)(H)
Filled Soft Bap**



**Cheddar Cheese (V)(H)
Jacket potato option**



**Cheddar Cheese
(V)(H)
Filled Soft Bap**



**Cheddar Cheese (V)(H)
or
Tuna Mayonnaise (H)
Jacket potato option**



**Chocolate &
Orange Cake**



**Golden Syrup
Sponge with
Creamy Custard**



**Pineapple & Orange
Jelly with
Fresh Fruit Salad**



**Vanilla Ice Cream
topped with Homemade
Lemon Sauce**



**Freshly Baked Apple
Pie Cookies with Fresh
Fruit Wedges**

WOW!



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