

# 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.

School: Rawdon C of E Primary School

**N3 Week ONE**

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



	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) Masala Potato Salad
<b>Spud Station &amp; Deli</b>	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Jacket Potato with Baked Beans (VE)(H)	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Soft Filled Roll with either Roast Pork or Vegetarian Sausage (V)(H) Roast Potatoes	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)
<b>Desserts</b> <small>Fresh Fruit &amp; Yoghurt available daily.</small>	Lemon Drizzle Cookies with Fresh Fruit Wedges	Apple and Yoghurt Sponge with Creamy Custard	Ice Cream with Homemade Berry Sauce	Cheese and Crackers with Apple Wedges	Fudgy Chocolate Brownie with Fresh Fruit

**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 02/03, 23/03, 04/05, 15/06, 06/07.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mains</b>	Spaghetti Bolognese Crusty Bread	Savoury Cheese Roll (V)(H) Herby Diced Potatoes	Hawaiian Pizza Seasoned Potato Wedges	Roast Chicken Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Crunchy Salmon Bites with Tomato Ketchup (H) Sauté Potatoes
<b>Meat Free</b>	Margherita Pizza (V)(H) Seasoned Potato Wedges	Veggie Meatballs in Tomato Sauce (V)(H) Spaghetti Crusty Bread	Quorn Biryani (V)(H)	Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Vegetarian Sweet Chilli Chicken Style Wrap (V)(H) Sauté Potatoes
<b>Spud Station &amp; Deli</b>	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Jacket Potato with Baked Beans (VE)(H)	Soft Filled Roll with either Roast Chicken or Vegetarian Sausage (V)(H) Roast Potatoes	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)
<b>Desserts</b> <small>Fresh Fruit &amp; Yoghurt available daily.</small>	Raspberry Jelly with Peach Slices	Sprinkle Sponge with Creamy Custard	Pancakes with Ice Cream and Toffee Sauce	Butterscotch Cookie with Fresh Fruit Wedges	Chocolate Crispy Slice with Fresh Fruit



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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Mains</b>	Margherita Tortilla Pizza (V)(H) Pasta Salad	Chicken Tikka Masala Rice and Naan Bread	Minced Beef Tacos Rice	Pork Sausage Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Fish Finger Butty (H) Tomato Ketchup Chips
<b>Meat Free</b>	Veggie Meatball Sub (V)(H) Homemade Jacket Wedges	Crispy Topped Macaroni Cheese (V)(H)	Vegetarian Enchiladas (V)(H) Rice	Vegetarian Sausage (VE)(H) Yorkshire Pudding Mashed Potatoes Roast Potatoes Gravy	Crispy Vegetable Nuggets (VE)(H) Tomato Ketchup Chips
<b>Spud Station &amp; Deli</b>	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Jacket Potato with Tuna Mayonnaise or Cheddar Cheese (V)(H)	Soft Filled Roll with either Pork Sausage or Vegetarian Sausage (V)(H) Roast Potatoes	Jacket Potato with Baked Beans (VE)(H)
<b>Desserts</b> <small>Fresh Fruit &amp; Yoghurt available daily.</small>	Banoffee Mousse	Carrot Cake with Creamy Custard	Chocolate-Orange Flapjack with Fresh Fruit Wedges	Strawberry Crunch Sundae	Raspberry Bun with Fresh Fruit Wedges

**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.

