

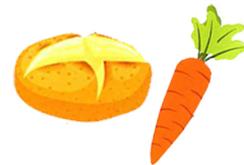
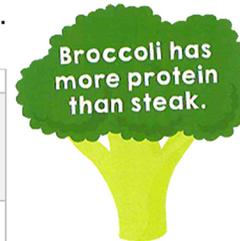
nishkam primary school wolverhampton

LUNCHTIME MENU 2025 - 2026



Week 1	Week 2	Week 3
25/08/2025	01/09/2025	08/09/2025
15/09/2025	22/09/2025	29/09/2025
06/10/2025	13/10/2025	03/11/2025
10/11/2025	17/11/2025	24/11/2025
01/12/2025	08/12/2025	15/12/2025
05/01/2026	12/01/2026	19/01/2026
26/01/2026	02/02/2026	09/02/2026
23/02/2026	02/03/2026	09/03/2026
16/03/2026	23/03/2026	13/04/2026
20/04/2026	27/04/2026	04/05/2026
11/05/2026	18/05/2026	01/06/2026
08/06/2026	15/06/2026	22/06/2026
29/06/2026	06/07/2026	13/07/2026

Special Meal for Religious Enrichment Days	Event
October 2025	Diwali/Bandi Chhor
November 2025	Gurpurab of Guru Nanak Dev Ji
December 2025	Christmas
March 2026	Eid Al Fitr
April 2026	Vaishaki



Week 2	Option 1	Option 2	Option 3	Dessert
Monday	Yellow Lentil Dhal served with Vegetable Rice	Jacket Potato with Beans and Cheese	Selection of Sandwiches	Banana Cake with Custard or Yogurt
Tuesday	Veggie Fingers with Beans and Wedges	Soya Burger in a Bun with/without Cheese with Wedges		Mixed Fruit
Wednesday	Moong (Green Lentils) Dhal with Naan	Herby Tomato Pasta with Mince served with Crusty Bread		Cinnamon Roll
Thursday	Black Chickpeas Curry with Vegetable Rice	Cheese and Onion Swirls, Sweetcorn, Diced Herby Potatoes and Gravy	Selection of Sandwiches	Chocolate Orange Cake
Friday	Margherita or Garden Vegetable Pizza, Chips and Beans	Paneer and Vegetable Wraps with Chips		Flavoured Mousse

Some of our menu items contain allergens including Milk, Soya, Celery, Sulphites and Lupin. Peanuts and nuts are also allergens, but these are not used in our menu.

Week 1	Option 1	Option 2	Option 3	Dessert
Monday	Spaghetti Bolognese with Meat-Free Balls, Peas and Garlic Bread	Brown Lentil Dhal and Naan	Selection of Sandwiches	Yogurt or Ice Cream
Tuesday	Sausage Roll, Sweetcorn and Mash with Gravy	Vegetable Lasagna with Garlic Bread		Mixed Fruit
Wednesday	Homemade Meat Free Hotdog with Salsa, Onions, Wedges and Beans	Cheesy Pasta Bake served with Broccoli	Selection of Sandwiches	Chocolate Chip Cookie
Thursday	Aloo Mattar Paneer (Cottage Cheese, Potato and Peas) with Vegetable Rice	Jacket Potato with Beans and Cheese		Marble Cake with Custard
Friday	Cheese or Vegetable Pizza, Chips and Beans	Cheese Salad Wrap		Strawberry Jelly

Week 3	Option 1	Option 2	Option 3	Desserts
Monday	Macaroni Cheese with Sweetcorn and Garlic Bread	Chickpeas Curry and Vegetable Rice	Selection of Sandwiches	Yogurt or Ice Cream
Tuesday	Veggie Mince Swirls with Roast Potatoes, Roast Vegetables and Gravy	Jacket Potato with Beans and Cheese	Selection of Sandwiches	Lemon Cheesecake
Wednesday	Plant Based Nuggets, Chips, Broccoli and Beans	Aloo Gobi (Cauliflower) and Yogurt with Naan Bread		Mango Pulp Mixed Fruit
Thursday	Meat-Free Burger in a Bun with/without cheese and Beans	Mattar Paneer with Jeera Rice		Carrot Cake with Custard
Friday	Mozzarella Cheese or Vegetable Pizza, Wedges and Beans	Cheese Salad Wraps		Chocolate Cornflake Slice

Daily served with: One Seasonal Vegetable, which may include:

(Broccoli, Carrots, Mixed Vegetable etc) Salad Bars (Lettuce, Tomatoes, Sweetcorn, Carrot, Coleslaw and Soya Tikka) All meals are Vegetarian with no Fish or Eggs