

nishkam primary school wolverhampton

LUNCHTIME MENU 2026 - 2027



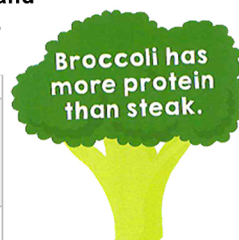
Week 1	Week 2	Week3
24/08/2026	31/08/2026	07/09/2026
14/09/2026	21/09/2026	28/09/2026
05/10/2026	12/10/2026	02/11/2026
09/11/2026	16/11/2026	23/11/2026
30/11/2026	07/12/2026	14/12/2026
04/01/2027	11/01/2027	18/01/2027
25/01/2027	01/02/2027	08/02/2027
22/02/2027	01/03/2027	08/03/2027
15/03/2027	22/03/2027	12/04/2027
19/04/2027	26/04/2027	03/05/2027
10/05/2027	17/05/2027	24/05/2027
07/06/2027	14/06/2027	21/06/2027
28/06/2027	05/07/2027	12/07/2027
19/07/2027		

Special Meal for Religious Enrichment Days	Event
October 2026	Diwali/Bandi Chhor
November 2026	Gurpurab of Guru Nanak Dev Ji
December 2026	Christmas
March 2027	Eid Al Fitr
April 2027	Vaishaki



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	Mattar Paneer with Jeera Rice		Mixed Fruit
Wednesday	Homemade Meat-Free Hot Dogs, served with Salsa, Wedges and Beans	Cheesy Pasta Bake served with Broccoli		Marble Cake with Custard
Thursday	Black Chickpeas Curry with Vegetable Rice	Jacket Potato with Beans and Cheese	Selection of Sandwiches	Chocolate Chip Cookie
Friday	Cheese or Vegetable Pizza, Chips and Beans	Cheese Salad Wrap		Strawberry Jelly



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	Ice Cream 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	Aloo Mattar Paneer (Cottage Cheese, Potato and Peas) with Vegetable Rice	Cheese and Onion Swirls, Sweetcorn, Diced Herby Potatoes and Gravy	Selection of Sandwiches	Chocolate Cake with Custard
Friday	Margherita or Garden Vegetable Pizza, Chips and Beans	Cheese Salad Wraps		Flavoured Mousse

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		Mixed Fruit
Thursday	Meat-Free Burger in a Bun with/without cheese, Beans with diced Potatoes	Vegetable Lasagna with Garlic Bread		Carrot Cake with Custard
Friday	Mozzarella Cheese or Vegetable Pizza, Wedges and Beans	Paneer and Vegetable Wraps with Chips		Chocolate Cornflake Slice

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

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