

Nishkam School West London Lunch Menu - Summer Term 2024

	Main 1 (Hot Option)	Main 2 (Cold Option served with a small, healthy snack)	Side	Dessert
Week 1 (w/c 15.04.24, 06.05.24, 03.06.24, 24.06.24, 15.07.24)				
Monday	Mixed Dahl & Vegetable Rice with Broccoli	Cheese & Cucumber Sandwiches Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fresh fruit or yoghurt Allergens: (Dairy - yoghurt only)
Tuesday	Cheese, Potato, Broccoli and Carrot Bake with Garlic Bread Allergens: Gluten, Dairy	Stir Fry Veggi Burrito Wrap with Mixed Beans Allergens: Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fruit cocktail in Mango pulp Allergens: Dairy
Wednesday	White chole (chickpeas) with Naans Allergens: Gluten	Cheese & Tomato Sandwich Allergens: Gluten, Dairy	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Jelly with fruit cocktail
Thursday	Cheesy Broccoli Pasta with Vegetables Allergens: Dairy, Gluten	Falafel Salad Wrap with Vegan Mayonaise Allergens: Gluten, Dairy	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Cake & Custard Allergens: Gluten & Dairy
Friday	Pizza, Chips & Baked Beans Allergens: Dairy, Gluten	Vegetarian soya nugget & lettuce wrap with vegan mayo Allergens: Gluten, Soya	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Ice Cream Allergens: Dairy
Week 2 (w/c 22.04.24, 13.05.24, 10.06.24, 01.06.24)				
Monday	Mater Paneer with Rice Allergens: Dairy	Cheddar Cheese & Salad Wrap Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fresh fruit or yoghurt Allergens: (Dairy - yoghurt only)
Tuesday	Kurry (made from yoghurt) with potatoes & Pakora with Rice Allergens: Dairy	Chilli Paneer Salad Wrap Allergens: Gluten, Dairy	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Apple crumble with Ice Cream Allergens: Gluten, Dairy
Wednesday	Tomato Pasta with Soya Chunks, Vegetables & Garlic bread Allergens: Gluten, Soya	Stir Fry Veggi Burrito Wrap with Mixed Beans Allergens: Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fresh fruit or yoghurt Allergens: (Dairy - yoghurt only)
Thursday	Black chole (Chickpeas) with Rice	Veggi Burger in Salad Wrap with Hummus Allergens: Gluten, Soya	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Flapjacks
Friday	Pizza, Chips & Baked Beans Allergens: Dairy, Gluten	Cheddar Cheese & cucumber sandwiches Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Jelly with fruit cocktail
Week 3 (w/c 29.04.24, 20.05.24, 17.06.24, 08.07.24)				
Monday	Yellow Dhal with rice & steamed Broccoli and Carrots	Cheddar Cheese & tomato sandwiches Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fresh fruit or yoghurt Allergens: (Dairy - yoghurt only)
Tuesday	Vegetarian Sausage Roll with Wedges and Beans Allergens: Gluten, Dairy	Vegi-finger & salad wraps with hummus Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Angel Delight Allergens: Dairy
Wednesday	Rajma (kidney beans) & Rice and Pakora	Cheddar Cheese & cucumber sandwiches Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Fresh fruit or yoghurt Allergens: (Dairy - yoghurt only)
Thursday	Jacket Potatoes with Butter, Baked Beans & Cheese Allergens: Dairy	Chilli Paneer Wrap Allergens: Dairy, Gluten	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Brownies Allergens: Gluten, Dairy
Friday	Soya Hotdogs with Cheese, Ketchup and Jalapenos and Wedges Allergens: Soya, Gluten	Cheddar Cheese and Coleslaw Salad Baguette Allergens: Gluten, Dairy	Salad (grated carrots, sweetcorn, cucumber, olives, tomatoes & couscous) & Steamed Vegetables	Kheer Allergens: Gluten & Dairy

Red = Protein
Blue = Allergens