



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	SOUTHERN FRIED CHICKEN BURGER (G) (W)	PORK SAUSAGE(G) (W)	SAVOURY MINCE IN A YORKSHIRE PUDDING (G) (W)	CHICKEN CURRY (G) (W)	BATTERED FISH(F) (G) (
MAIN MEAL 2	PASTA BAKE (G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	SAUSAGE FISHCAKES(G) (M)
VEGETARIAN	QUORN SOUTH- ERN FRIED BURG- ER(G) (M) (E)	QUORN SAUSAGE (G) (W)	QUORN MINCE (G) (W)	VEGETABLE CURRY (G) (W)	PASTA BAKE(G) (M)
POTATO AND RICE	BAKED POTATO ROSTI BITES	BAKED POTATO MASH	MASH M) BAKED POTATO	BAKED POTATO	CHIPS (g)
VEGETABLES	BEANS PEAS	BEANS PEAS	SEASONAL VEGE- TABLES	CARROT AND SWEDE MASH (G)	BEANS MUSHY PEAS
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	TIKKA FLATBREAD CHEESE/ PEPPERONI (G) (M)	PASTIES (G) (W) (E)	CHEESE AND BA- CON BAGELS(W) (M) (G)	BBQ WRAPS SWEET CHILLI WRAPS(G) (M)	SAUSAGE ROLL(G) (E)
PUDDING	Of the Day	Of the Day	Of the Day	Of the Day	



SWRA Lunch Menu



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	MEATBALLS IN SAUCE(G) (W)	CHICKEN SKEWERS (G) (W) E	ROAST CHICKEN AND STUFFING (G) (W)(E)(M)	BEEF BOLOGNAISE (M)	BATTERED FISH(F) (G)
MAIN MEAL 2	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	SAUSAGE FISHCAKE(G) (M)
VEGETARIAN	QUORN BALLS(G) (M) (E)	SHICKEN TIKKA SKEWER(M)	QUORN FILLET(G)	QUORN BOLO-GNAISE (M)	QUORN NUGGETS (G) (M)
POTATO AND RICE	BAKED POTATO SPAGHETTI	BAKED POTATO ROSTI BITES	MASH(M) BAKED POTATO	BAKED POTATO-MASH	CHIPS (g)
VEGETABLES	PEAS BEANS	BEANS	SEASONAL VEGE-TABLES	Beans Peas	MUSHY PEAS BEANS
BREAD	Garlic Bread (G)	Naan (G) Garlic Bread	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	BACON HASH BROWN MUFFIN	MACARONI CHEESE(G) (W)	NACHOS(M) (E)	ASSORTED PANINI	SAUSAGE ROLL(G) (E)
PUDDING	Of the Day	Of the Day	Of the Day	Of the Day	



SWRA Lunch Menu



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	SWEET AND SOUR CHICKEN(G) (W) E	ALL DAY BREAK-FAST	ROAST BEEF AND YORKSHIRE PUD-DING(G) (M) (W)	HUNTERS CHICKEN(G) (M) (W)	BATTERED FISH(F) (G)
MAIN MEAL 2	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	PASTA BAKE(G) (M)	SAUSAGE FISHCAKE (G) (M)
VEGETARIAN	QUORN SWEET AND SOUR (E) (G) (M) (W)	QUORN BREAK-FAST	QUORN FILLETG) E	QUORN HUNTERS(G) (M) (W)	PASTA BAKE(G) (M)
POTATO AND RICE	Baked Potato NOODLES	Baked Potato HASH BROWN	MASH Baked Potato	Baked Potato ROSTI BITES (G)	CHIPS
VEGETABLES	PEAS BEANS	BEANS	SEASONAL VEGE-TABLES	Beans	BEANS MUSHY PEAS
BREAD	Garlic Bread Bread Bun (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	HAM AND CHEESE FLATBREAD (G) (W) E	CHEESEBURGER (W) (G) E	PIZZA (G)	LOADED POTATOES WITH BACON(G)	SAUSAGE ROLLS(G) (E)
PUDDING	Of the Day	Of the Day	Of the Day	Of the Day	



SWRA Snack Shack Menu



WEEK 1	MONDAY	TUESDAY	Wednes- day	Thursday	Friday
DAILY	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
DAILY	Pizza Baguettes (G) (M)	Pizza Baguettes (G) (M)	Pizza Baguettes (G) (M)	Pizza Baguettes (G) (M)	Pizza Baguettes (G) (M)
SPECIAL OF THE DAY	Bacon and cheese Bagel (W)(M)	Southern fried chicken burger Sausage Rolls (G) E	Curry and Rice (M)	Cheese and Ham Flatbreads (G) (M)	Sweet and Sour Chicken with Rice (G)
PASTAS OF THE DAY	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)

DAILY GLUTEN FREE OPTIONS: Cheeseburgers, Chicken Goujons, Pizza, Jacket Potatoes, Pasta