



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Pork Sausage (G) (W)	Lamb Koftas (G) (W)	Roast Chicken and Stuffing (G) (W)	Meatballs in Sauce (G) (W)	Battered Fish Fillet (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 Sausage (G) (W)	Veggie Koftas (M) (G) (B)	Quorn Fillet (G) (M)	Quorn Meatballs (G) (W)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Mash	Baked Potato Potato Cubes	Mash (M) Baked Potato	Baked Potato	Chips
VEGETABLES	Beans Peas	Beans	Seasonal Vegeta- bles	Beans	Beans Mushy Peas
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	Flatbreads (G) (M)	Loaded Potatoes (G) (M)	Pizza (W) (M)	Assorted Paninis (G)	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	Southern fried Chicken Burger (G) (W)	All Day Breakfast (G) (W) E	Roast Beef and Yorkshire Pudding (G) (W)(E)(M)	Chicken Curry (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 Burger (G) (M) (E)	Quorn All Day Breakfast (M)	Quorn Fillet (G)	Quorn Curry (M)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Rosti Bites	Baked Potato Hash Brown	Mash (M) Baked Potato	Baked Potato Mash	Chips
VEGETABLES	Beans Peas	Beans	Seasonal Vegetables	Beans Peas	Mushy Peas Beans
BREAD	Garlic Bread (G)	Naan (G) Garlic Bread	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Loaded Wedges with Sausage	Assorted Paninis (G) (W)	Pizza (M) (E)	Assorted Paninis	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	Beef pasties (G) (W) E	Beef Bolognese	Chicken Pie (G) (M) (W)	Beef Lasagne (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)	Pasta Bake (G) (M)
VEGETARIAN	Cheese/Onion Slice (E) (G) (M) (W)	Quorn Bolognese	Vegetable Slice(G) E	Vegetable Lasagne (G) (M) (W)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Rosti Bites	Baked Potato Spaghetti (G)	Mash Baked Potato	Baked Potato Spaghetti (G)	Chips
VEGETABLES	Beans Peas	Beans	Seasonal Vegeta- bles	Beans	Beans Mushy Peas
BREAD	Garlic Bread Bread Bun (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Bacon Hash Brown Muffin (G) (W) E	Chicken Goujons In a Deli Sub (W) (G) E	Nachos with Chilli and Salsa (G)	Assorted Paninis (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	Wednesday	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	Cheeseburger (G) (M)	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