



# SWRA Lunch Menu



| WEEK 1          | MONDAY  | TUESDAY                                | WEDNESDAY                               | THURSDAY                                     | FRIDAY  |
|-----------------|---|--|---|--|---|
| MAIN MEAL 1     | LINCOLNSHIRE SAUSAGE IN A YORKSHIRE PUD-DING<br><b>G.S.</b> | BEEF PASTY<br><b>B.G.</b>              | ROAST CHICKEN AND STUFFING<br><b>G.</b> | MEATBALLS<br><b>W.M</b>                      | BATTERED FISH<br><b>G.F.</b>                      |
| MAIN MEAL 2     | PASTA BAKE<br><b>(G) (M)</b>                                | PASTA BAKE<br><b>(G) (M)</b>           | PASTA BAKE<br><b>(G) (M)</b>            | PASTA BAKE<br><b>(G) (M)</b>                 | FISHCAKE<br><b>G.F.</b><br>SAUSAGE<br><b>G.S.</b> |
| VEGETARIAN      | QUORN SAUSAGE<br><b>(M) (Mu) (E)</b>                        | CHEESE AND ON-ION PASTY<br><b>G.M.</b> | QUORN FILLET<br><b>E</b>                | QUORN BALLS<br><b>(G)</b>                    | PASTA BAKE<br><b>(G) (M)</b>                      |
| POTATO AND RICE | MASH<br><b>M</b>  | POTATO CUBES<br><b>W</b>               | MASH <b>(M)</b><br>BAKED POTATO         | BAKED POTATO<br>SPAGHETTI<br><b>B.C.G.S.</b> | CHIPS   |
| VEGETABLES      | SEASONAL VEG  | BEANS/PEAS                             | SEASONAL VEGE-TABLES                    | BEANS  | BEANS/MUSHY PEAS                                  |
| BREAD           | Garlic Bread <b>(G)</b>                                     | Garlic Bread <b>(G)</b>                | Garlic bread <b>(G)</b>                 | Garlic bread <b>(G)</b>                      | Garlic bread <b>(G)</b>                           |
| STREET FOOD     | CHEESEBURGER<br><b>G.M.</b>                                 | CIABATTA WITH CRISPS<br><b>G.M.</b>    | BEEF/SALSA NACHOS                       | CHEESE AND BA-CON BAGELS<br><b>M.B.G.R.</b>  | SAUSAGE ROLLS<br><b>G.M.S.E.</b>                  |
| 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     | LINCOLNSHIRE SAUSAGE<br>S.       | CHICKEN TIKKA<br>M        | CHICKEN PIE<br>G.E.M     | LAMB KOFTA<br>G                  | BATTERED FISH<br>(F) (G)    |
| MAIN MEAL 2     | PASTA BAKE<br>G.M.               | PASTA BAKE<br>G.M.        | PASTA BAKE<br>G.M.       | PASTA BAKE<br>G.M.               | PASTA BAKE<br>G.M.          |
| VEGETARIAN      | QUORN SAUSAGE<br>G.B.E.M         | QUORN CURRY<br>E.M.       | QUORN PIE<br>G.E.M.      | VEGETARIAN KOFTA<br>G            | SAUSAGE/FISHCAKE<br>(G) (M) |
| POTATO AND RICE | BAKED POTATO MASH<br>M.          | BAKED POTATO RICE         | MASH BAKED POTATO<br>(M) | BAKED POTATO SPAGHETTI           | CHIPS                       |
| VEGETABLES      | BEANS                            | BEANS                     | SEASONAL VEGETABLES      | BEANS                            | MUSHY PEAS/BEANS            |
| BREAD           | Garlic Bread (G)                 | Naan (G)<br>Garlic Bread  | Garlic Bread (G)         | Garlic Bread (G)                 | Garlic Bread (G)            |
| STREET FOOD     | HAM AND CHEESE FLATBREAD<br>G.M. | ASSORTED WRAPS<br>(G) (M) | ASSORTED PANINIS<br>G.   | FISHFINGER AND-WAFFLES<br>M.F.G. | SAUSAGE ROLL<br>(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     | SOUTHERN FRIED CHICKEN BURGER<br><b>G.</b>        | KATSU CHICKEN<br><b>G.E.</b> | ROAST BEEF AND YORKSHIRE PUD-DING<br><b>G.E.</b> | ALL DAY BREAKFAST<br><b>E.G.</b>       | BATTERED FISH<br><b>(F) (G)</b> |
| MAIN MEAL 2     | PASTA BAKE<br><b>(G) (M)</b>                      | PASTA BAKE<br><b>(G) (M)</b> | PASTA BAKE<br><b>(G) (M)</b>                     | PASTA BAKE<br><b>(G) (M)</b>           | PASTA BAKE<br><b>(G) (M)</b>    |
| VEGETARIAN      | QUORN BURGER<br><b>(E) (G) (M)</b>                | QUORN KATSU<br><b>G.E.</b>   | Quorn Fillet<br><b>E.</b>                        | QUORN ALL DAY BREAKFAST<br><b>E.G.</b> | FISHCAKE<br><b>(G) (M)</b>      |
| POTATO AND RICE | BAKED POTATO ROSTI POTATOES                       | BAKED POTATO RICE            | MASH <b>M.</b><br>BAKED POTATO                   | Baked Potato HASH BROWN<br><b>G.</b>   | CHIPS<br>BAKED POTATO           |
| VEGETABLES      | BEANS<br>PEAS                                     | BEANS                        | SEASONAL VEGE-TABLES                             | BEANS                                  | BEANS<br>MUSHY PEAS             |
| BREAD           | GARLIC BREAD <b>G</b><br>BREAD ROLL<br><b>(G)</b> | GARLIC BREAD<br><b>G</b>     | GARLIC BREAD<br><b>(G)</b>                       | GARLIC BREAD<br><b>(G)</b>             | GARLIC BREAD<br><b>(G)</b>      |
| STREET FOOD     | LOADED POTATOES WITH BACON<br><b>M</b>            |                              |  |  | Sausage Rolls<br><b>(G) (E)</b> |
| PUDDING         | Of the Day  | Of the Day                   | Of the Day                                       | Of the Day                             |                                 |



# SWRA Snack Shack Menu



| WEEK 1                    | MONDAY                  | TUESDAY                                 | Wednesday               | Thursday                | Friday                     |
|---------------------------|-------------------------|---|-------------------------|-------------------------|----------------------------|
| <b>DAILY</b>              | Chicken Burger (G)      | Chicken Burger (G)                      | Chicken Burger (G)      | Chicken Burger (G)      | Chicken Burger (G)         |
| <b>DAILY</b>              | Pizza Baguettes (G) (M) | Pizza Baguettes (G) (M)                 | Pizza Baguettes (G) (M) | Pizza Baguettes (G) (M) | Pizza Baguettes (G) (M)    |
| <b>SPECIAL OF THE DAY</b> | Cheeseburger (G) (M)    | Sausage Rolls or Meatball Ciabattas (G) | Curry and Rice (M)      | Chicken Strips (G) (M)  | Bacon and Cheese Bagel (G) |
| <b>PASTAS OF THE DAY</b>  | 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**