



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	LINCOLNSHIRE SAUSAGE G.S.	CHICKEN KORMA	ROAST PORK AND STUFFING G.	SOUTHERN FRIED CHICKEN BURGER	BEEF LASAGNE,
MAIN MEAL 2	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE
VEGETARIAN	QUORN SAUSAGE (M) (Mu) (E)	VEGETABLE KOR-MA	QUORN FILLET E	SOUTHERN FRIED QUORN BURGER	VEGETABLE LASAGNE
POTATO AND RICE	MASH BAKED POTATO	RICE BAKED POTATO	MASH (M) BAKED POTATO	BAKED POTATO HERBY POTATOES B.C.G.S.	BAKED POTATO
VEGETABLES	PEAS/BEANS	BEANS/PEAS	SEASONAL VEGETABLES	BEANS	BEANS SALAD
BREAD	Garlic Bread (G)	NAAN	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	CHEESEBURGER G.M.	LOADED POTATOES	HAM/CHEESE CIABATTA	ASSORTED FLAVOUR PANINI	PIZZA SLICE
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	CHICKEN TIKKA M	ROAST BEEF	ALL DAY BREAK-FAST	CHEESEBURGER
MAIN MEAL 2	PASTA BAKE G.M.	PASTA BAKE G.M.	PASTA BAKE G.M.	PASTA BAKE G.M.	PASTA BAKE G.M.
VEGETARIAN	QUORN MEAT-BALLS	QUORN TIKKA E.M.	QUORN FILLET G.E.M.	QUORN BREAK-FAST	VEGGY BURGER
POTATO AND RICE	BAKED POTATO SPAGHETTI M.	BAKED POTATO RICE	MASH BAKED POTATO (M)	BAKED POTATO HASH BROWN	POTATO WEDGES
VEGETABLES	BEANS	BEANS	SEASONAL VEGETABLES	BEANS	MUSHY PEAS/BEANS
BREAD	Garlic Bread (G)	Naan (G) Garlic Bread	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	BEEF PASTIES CHEESE/ONION PASTIES G.M.	BACON AND CHEESE BAGELS	ASSORTED PANINIS G.	CHICKEN GOUJONS IN A SUB ROLL M.F.G.	HOTDOG
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	CHICKEN KEIV	KATSU CHICKEN G.E.	BEEF BOLOGNAISE	HUNTERS CHICKEN	SWEET AND SOUR CHICKEN
MAIN MEAL 2	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)	PASTA BAKE (G) (M)
VEGETARIAN	QUORN BURGER (E) (G) (M)	QUORN KATZU G.E.	Quorn BOLO-GNAISE E.	QUORN MARGARITA	VEGETARIAN SWEET AND SOUR
POTATO AND RICE	BAKED POTATO OVEN CHIPS	BAKED POTATO RICE	SPAGHETTI BAKED POTATO	BAKED POTATO HERBY POTATOES	RICE BAKED POTATO
VEGETABLES	BEANS PEAS	BEANS	BEANS	BEANS	BEANS MUSHY PEAS
BREAD	GARLIC BREAD G BREAD ROLL (G)	GARLIC BREAD G	GARLIC BREAD (G)	GARLIC BREAD (G)	GARLIC BREAD (G)
STREET FOOD	SAUSAGE EGG AND CHEESE MUFFIN	HAM AND CHEESE FLATBREAD	ASSORTED PANINIS	BEEF / SALSA NACHOS	CHICKEN SPRING ROLLS WITH NOODLES
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	CHICKEN NUG- GETS AND FRIES (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