



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Sweet and Sour Chicken	Meatballs (G)	Roast Chicken & Stuffing (G)(W)	Cottage Pie (G) (M)	Battered Fish Fillet (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	Quorn Sweet and Sour	Quorn Meatballs (M) (G) (B)	Quorn Fillet (G)(W)	Quorn Potato Pie (G)(M)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Noodles (W) (E)(G)	Baked Potato Spaghetti (G) (W)	Mash (M) Baked Potato (G)	Baked Potato Herby Potatoes (G)	Chips
VEGETABLES	Beans Peas	Beans	Seasonal Vegetables	Beans	Beans Mushy Peas
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	Beef Pasties Cheese/Onion Pasties (M) (MU) (S) (W) (G)	Bacon and Cheese Bagels (G)(W)(M)	Giant Hotdogs (W)(E)(G)(S)	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	Lincolnshire Sausage (G) (S)(W)	Chicken Curry (M)	Roast Beef & Yorkshire Pudding (G) (S)(E)(M)	Chicken Burger (G) E(W) (M)	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	Quorn Sausage (G) (W)	Vegetable Curry (M)	Quorn Fillet (G)	Quorn Burger (G)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Mash	Baked Potato Rice (G)	Mash (M) Baked Potato	Baked Potato Wedges	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	Chicken Goujon Roll (G)(W)	Pizza (M) (E)	Chilli Beef Nachos	Ham & Cheese Flat-bread (G)(W)	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 Canneloni (G)(M)E(W)	All Day Breakfast (G) (W) (E)	Beef Stew in a Yorkshire Pudding (G) (M)(W)(E)	Beef Bolognaise	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	Canneloni Veri (E) (G) (M)(W)	All Day Quorn Breakfast (G) (E)	Quorn Fillet (G)	Quorn Bolognaise	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Wedges	Baked Potato Hash Brown	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	Flatbreads (G) (M)	Cheeseburger (G)(W)C (M)	Fish Finger Roll (G)(F)(W)	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)	Sweet and Sour Chicken with rice (G)	Curry and Rice (M)	Chicken Strips (G) (M)	Bacon and Cheese Bagel (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