



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Pork Sausage (G) (W)	Southern Fried Chicken Burger (G) (E)(M) (W)	Roast Chicken & Stuffing (G)(W)	Beef Lasagne (G)(M) (W)(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 Sausage (G) (W)	Quorn Chicken Burger (G)(E)(W) (M)	Quorn Fillet and Stuffing (G)(W)	Vegetable Lasagne (G) (M)(W)	Quorn Nuggets (G) (W)
POTATO AND RICE	Mash (M) Baked Potato	Baked Potato Rosti Bites	Mash (M) Baked Potato	Herby Diced Potatoes (G) (W)	Chips
VEGETABLES	Beans Peas	Salad	Fresh Seasonal Vegetables	Beans Salad	Beans Mushy Peas
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	Ham and Cheese Flatbreads (G) (M)	Sausage Muffins (G)(W)(E)	Chilli Beef Nachos (G)	Assorted Paninis (G)	Sausage Roll (G) (E)
PUDDING	Fruit Muffins	Flapjack	Vanilla Cookie	Cocoa Cookies	Shortbread



SWRA Lunch Menu



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Beef Pasties (G) (B)(W)	All Day Breakfast (G)(W)(E)	Chicken Pie	Meatballs in Sauce (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)	Pasta Bake (G) (M)
VEGETARIAN	Cheese and On- ion Slice (G)(M) (W)	Quorn All Day Breakfast	Vegetable Slice (G) (M) (W)	Quorn Meatballs (G) (W)	Quorn Nuggets (G) (W)
POTATO AND RICE	Baked Potato Rosti Bites	Baked Potato Hash Browns	Mash (M) Baked Potato	Baked Potato Spaghetti	Chips
VEGETABLES	Beans Peas	Beans	Fresh Seasonal Vegetables	Beans Salad	Mushy Peas Beans
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Chicken Goujons (G)(W)(E)	Assorted Paninis (G)(W)	Cheese Burger (G) (W) (M)	Giant Hotdog (G)	Sausage Roll (G) (E)
PUDDING	Fruit Muffins	Flapjack	Vanilla Cookie	Cocoa Cookies	Shortbread



SWRA Lunch Menu



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Breaded Chicken Burger (G) (W)	Chicken Curry (M)	Roast Beef and Yorkshire Pudding (G) (W)	Beef Bolognese	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 Chicken Burger	Vegetable Curry (M)	Quorn Fillet with Yorkshire Pudding (G) (W)	Quorn Bolognese	Quorn Nuggets (G) (W)
POTATO AND RICE	Baked Potato Rosti Bites	Baked Potato Rice	Mash Baked Potato	Baked Potato Spaghetti (G)	Chips
VEGETABLES	Beans Peas	Beans	Fresh Seasonal Vegetables	Beans Salad	Beans Mushy Peas
BREAD	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Chicken Noodles with Sweet and Sour (G)	Cheeseburger (G)(W)	Pizza Slice (W) (M)	Cheese and Bacon Bagel (W) (M)	Sausage Rolls (G) (E)
PUDDING	Fruit Muffins	Flapjack	Vanilla Cookie	Cocoa Cookie	Shortbread



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	Cheeseburger (G) (M)	Sausage Rolls Ham Cheese Flat- breads (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