



SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken Kiev (G) (Mu)	Meatballs (G)	Chicken and Mushroom Pie (G) (M) (E)	Lamb Kofta on a Flatbread (G)	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	Cheese and Onion Slice (G) (M) (Mu) (S)	Quorn Meatballs (M) (G) (B)	Quorn Vegetable Pie (G) (M)	Vegetable Burger (G)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Potato Cubes	Baked Potato Spaghetti	Mash (M) Baked Potato	Baked Potato Herby Potatoes	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	Flatbreads (G)	Breakfast Muffins (G) (E)	Bacon and Cheese Bagels (G)	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	Chicken Skewer in Flatbread (G) (Mu)	Chicken Curry (M)	Roast Chicken (G) (S)(E)(M)	Sausage and Mash (G) (S) (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 Burger (G) (M) (E)	Vegetable Curry (M)	Quorn Fillet (G)	Quorn Sausage (G)	Pasta Bake (G) (M)
POTATO AND RICE	Baked Potato Wedges	Baked Potato Rice	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	Flatbreads (G) (M)	Giant Hotdogs (G)	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	Breaded Chicken Burger (G)	All Day Breakfast (G) (W) (E)	Roast Beef and Yorkshire Pudding (G) (M)	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	Quorn Burger (E) (G) (M)	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 Vegetables	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)	Ciabatta with Meatballs and Cheese (G)	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 or Meatball Ciabattas (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