



# SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Smart crumb cod fishcakes (F) (G)	Pork Sausages (G) (M)	Roast Beef and Yorkshire pudding (G)(M)	Hunters Chicken (M)	Portions of Fish or fishcakes (F)(G)
<b>MAIN MEAL 2</b>	Chicken Curry (M)	Sweet and Sour Chunks	Bacon and Cheese Quiche (G)(M)(E)	Tuna pasta bake (G)(F)(M)	Chicken Goujons (G)
<b>VEGETARIAN</b>	Sweet Potato curry	Sweet and sour beansprouts & vegetable stir fry	Cheese and onion Quiche (G)(M)(E)	BBQ Quorn and cheese (M)	Quorn vegan nuggets (G)
<b>POTATO AND RICE</b>	Herby potatoes or Rice	Mash or noodles (G)(M)	Mash or Salads (M)	Baked Wedges (M)	Chips or jackets
<b>VEGETABLES</b>	Peas or Beans	Green Beans or Baked Beans	Broccoli/ Cauliflower and Carrots	Corn on the cob and Salad	Peas, Beans, Curry Sauce
<b>BREAD</b>	Naan (G)	Crusty Rolls (G)	Rolls (G)	Garlic Bread (G)	Soft baps and butter (G)
<b>STREET FOOD</b>	Paninis (G)(M)	Ham and cheese flat bread (G)(M)	Chicken enchiladas (G)(M)	Paninis (G)(M)	In snack shack
<b>PUDDING</b>	Jam Sponge and Custard (E)(G)(M)	Strawberry Mousse (M)	Pineapple Upside cake and Custard (M) (E) (G)	Chocolate Mousse (M)	Mixture of tray bakes (G)(M)



# SWRA Lunch Menu



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Chicken Kebabs (G)	100% Beef burgers in a Gourmet Bun (G) (M)	Roast Chicken and Stuffing (G)	Sausage Casserole (W)	Portions of Fish or fishcakes (G)(F)
<b>MAIN MEAL 2</b>	Minced Beef Pasta Bake (G)	Macaroni Cheese (G)(M)	Meatball Pasta Bake (G)(M)	Chicken and Tomato Pasta Bake (G) (M)	Chicken Goujons (G) (M)
<b>VEGETARIAN</b>	Quorn Pasta Bake (G)(M)	Couscous Stuffed Peppers	Quorn Balls in Tomato and Basil Sauce (M)	Vegetable Vegan Casserole	Quorn vegan nuggets (G)
<b>POTATO AND RICE</b>	Crispy Potatoes	Wedges	Mash or Salads (M)	Mash or Rice (M)	Chips or jackets
<b>VEGETABLES</b>	Side Salad or Beans	Coleslaw and Salad (E)	Carrots, Peas or Cabbage	Salad and Mixed Vegetables	Peas, Beans, Curry Sauce (M)
<b>BREAD</b>	Flat Breads (G)	Crusty Rolls (G)	Garlic Bread (G)	Garlic Flat breads (G)	Soft baps and butter (G)
<b>STREET FOOD</b>	Paninis (G)(M)	Twice Baked Jacket Potatoes (M)	Bacon and Cheese Bagels (G)(M)	Paninis(M)(G)	In snack shack
<b>PUDDING</b>	Apple Crumble and Custard (G) (M)(E)	Strawberry Mousse (M)	Sticky Toffee Pudding and Custard (M)(E)(G)	Fruit and Jelly pots	Mixture of tray bakes (E )(G)(M)



# SWRA Lunch Menu



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Chicken Burritos (G)	Beef Stew in Yorkshire Pudding (G) (E)	Chicken and Leek Pie (E)(G)(M)	Lasagne (M)(G)	Portions of Fish or fishcakes (G)
<b>MAIN MEAL 2</b>	Bacon Carbonara (G)(M)	Chicken Korma (M)	Beef Bolognese (G)	Chicken and Chorizo Tray Bake (G)	Chicken Goujons (G)
<b>VEGETARIAN</b>	Vegetable Frittata (E)(M)	Vegetable Curry	Quorn Bolognese (M)	Vegetable Vegan Casserole	Quorn vegan nuggets (G)
<b>POTATO AND RICE</b>	Potatoes Wedges and Rice	Mash potato and Rice(M)	Mash and Spaghetti (G)(M)	Baby Roast Potatoes	Chips or jackets
<b>VEGETABLES</b>	Side Salad or Peas	Mixed Vegetables	Carrots, Green beans and Broccoli	Salad and Mixed Vegetables	Peas, Beans, Curry Sauce
<b>BREAD</b>	Crusty Rolls (G)	Naan Bread(G)	Garlic Bread (G)	Garlic Flat breads (G)	Soft baps and butter (G)
<b>STREET FOOD</b>	Paninis (G) (M)	Chilli Beef Nachos, salsa and cheese (G)(M)	Lamb Kofta with salad and Tzatziki in folded naan bread (G)(M)	Paninis (G)(M)	In snack shack
<b>PUDDING</b>	Lemon Curd Cake and Custard (G)(E) (M)	Raspberry Ripple Mousse (M)	Chocolate Muffin and Chocolate and Custard (G)(E)(M)	Peaches and Jelly	Mixture of tray bakes (G)(E)(M)



# SWRA Snack Shack Menu



<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>DAILY</b>	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)
<b>DAILY</b>	Pizza Baguettes (G)(M)	Pizza Slabs (G)(M)	Pizza Rounds (G)(M)	Pizza Baguettes (G)(M)	Pizza Slabs (G)(M)
<b>SPECIAL OF THE DAY</b>	Chilli Beef Rice Box (G)(M)	Sweet and Sour Chicken Noodle Box (G)(E)	Ham and Cheese Panini (G)(M)	Chicken Drumstick with Wedges and Mini Corn Cob	Fishcake or Chicken Goujons with Chips (G)(F)
<b>PASTAS OF THE DAY</b>	Mascarpone or Chicken Arrabbiata Pots (M)(G)	Tomato and Basil or Beef Bolognese Pots (G)	Mascarpone or Meatball Pots (G)(M)	Tomato and Basil or Chicken Tikka Curry Pots (G) (M)	Mascarpone or Spicy Chicken Pots (G)(M)



# SWRA Snack Shack Menu



WEEK 2	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<b>DAILY</b>	Chicken Burgers(G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)
<b>DAILY</b>	Pizza Baguettes (G)(M)	Pizza Slabs (G)(M)	Pizza Rounds (G)(M)	Pizza Baguettes (G)(M)	Pizza Slabs (G)(M)
<b>SPECIAL OF THE DAY</b>	Meatballs and Spaghetti (G)	Chicken korma Curry Rice Box (M)	Ham and Cheese Panini (G)(M)	Sausage, Mash and Baked Beans Box(M)	Fishcake or Chicken Goujons with Chips (G)(M)
<b>PASTAS OF THE DAY</b>	Mascarpone or Chicken Arrabbiata Pots (G)(M)	Tomato and Basil or Beef Bolognese Pots (G)	Mascarpone or Meatball Pots (G)(M)	Tomato and Basil or Chicken Curry Pots (G)(M)	Mascarpone or Spicy Chicken Pots (G)(M)



# SWRA Snack Shack Menu



WEEK 3	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<b>DAILY</b>	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)	Chicken Burgers (G)
<b>DAILY</b>	Pizza Baguettes (G) (M)	Pizza Slabs (G)(M)	Pizza Rounds (G)(M)	Pizza Baguettes (G)(M)	Pizza Slabs (G)(M)
<b>SPECIAL OF THE DAY</b>	Fish Fingers, Potato Waffles and Peas/ Beans (G)(F)	Chicken Kebab Skewer in a Folded flat Bread (G)(C)(M)	Ham and Cheese Panini (G)(M)	Chicken Chunks with Rice and Sweet and Sour Sauce	Fishcake or Chicken Goujons with Chips (G)(F)
<b>PASTAS OF THE DAY</b>	Mascarpone or Chicken Arrabbiata Pots (M)(G)	Tomato and Basil or Beef Bolognese Pots (G)	Mascarpone or Meatball Pots (G)(M)	Tomato and Basil or Chicken Curry Pots (G)	Mascarpone or Spicy Chicken Pots (G)(M)