



# SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Cornish Pasty (G) (M) (E)	Curry of the Day (M)	Beef Stew (G) (S)	Bacon/Cheese Quiche (M) (E) (G)	Fish or Fishcakes (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	Vegetable Pasty (G) (M)	Vegetable Curry (M)	Quorn Stew (G) (S)	Cheese and Onion Quiche (G)(M)(E)	Vegetarian Nug- gets (G)
POTATO AND RICE	Wedge/Potato Cu- bes (G)	Rice	Mash (M)	Baby Potatoes	Chips
VEGETABLES	Beans or Mixed Vegetables	Beans	Seasonal Vegeta- bles	Salad or Beans	Mushy peas or beans
BREAD	Garlic Bread (G)	Garlic Bread or Naan (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
STREET FOOD	Sausage Roll (G) (E)	Ham and Cheese Flatbreads (G) (M)	Sausage Muffins (G)(E)	Panini of the Day (M) (G)	Sausage Roll (G) (E)



# SWRA Lunch Menu



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Chicken Kiev (G)	Curry of the Day (M)	Beef Cottage Pie (M) (S) (G)	Sausage	Fish or Fish Fingers (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	Southern Fried Quorn Fillet (G)	Vegetable Curry (M)	Quorn Cottage Pie (M) (G) (S)	Quorn Sausage	Quorn Nuggets (G)
POTATO AND RICE	Wedges	Rice	Mash (M)	Mash (M)	Chips
VEGETABLES	Peas or Beans	Beans	Seasonal Vegeta- bles	Beans or Peas	Mushy Peas or Beans
BREAD	Garlic Bread (G)	Naan or Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Bacon and Cheese Bagels (G) (M)	Ham and Cheese Flatbreads (G) (M)	Pizza or Cheese- burgers (G) (M)	Panini of the Day (M) (G)	Sausage Roll (G) (E)



# SWRA Lunch Menu



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Meatballs (G)	Curry of the Day (M)	Roast Chicken	Beef Bolognaise	Fish or Sausage (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 Meatballs (G)	Vegetable Curry	Quorn Roast	Quorn Bolognaise	Quorn Nuggets (G)
POTATO AND RICE	Spaghetti (G)	Rice	Mash	Spaghetti (G)	Chips
VEGETABLES	Beans	Beans	Seasonal Vegetables	Beans	Mushy peas or Beans
BREAD	Garlic Bread (G)	Naan or Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Hot Dogs (G)	Ham and Cheese Flatbreads (G) (M)	Nachos with Chilli and Salsa (G)	Panini of the Day (M) (G)	Sausage Rolls (G) (E)



# 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 Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)
SPECIAL OF THE DAY	Cheeseburger (G) (M)	Sausage Roll	Curry and Rice (M)	Ham and Cheese Flat- bread (G) (M)	Sweet and Sour Chicken Chunks and Rice
PASTAS OF THE DAY	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)



# SWRA Snack Shack Menu



WEEK 2	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<b>DAILY</b>	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
<b>DAILY</b>	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)
<b>SPECIAL OF THE DAY</b>	Cheeseburger (G) (M)	Sausage Roll	Curry and Rice (M)	Ham and Cheese Flat- bread (G) (M)	Sweet and Sour Chicken Chunks and Rice
<b>PASTAS OF THE DAY</b>	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)



# SWRA Snack Shack Menu



WEEK 3	MONDAY	TUESDAY	Wednesday	Thursday	Friday
DAILY	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
DAILY	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)	Pizza Baguette (G) (M)
SPECIAL OF THE DAY	Cheeseburger (G) (M)	Sausage Roll	Curry and Rice (M)	Ham and Cheese Flat- bread (G) (M)	Sweet and Sour Chicken Chunks and Rice
PASTAS OF THE DAY	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)	Meatballs and Mascarpone (G) (M)