



# SWRA Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL 1</b>	Sweet and Sour Chicken	Chicken Curry (M)	Roast Beef + Yorkshire Pudding (G)	Beef Lasagne (M) (G)	Battered Fish Fillet or Sausage (F) (G)
<b>MAIN MEAL 2</b>	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)
<b>VEGETARIAN</b>	Vegetable Pasty (G) (M)	Quorn Curry (M)	Quorn Fillet (G)	Vegetable Lasagne (G)(M)	Quorn Nuggets (G)
<b>POTATO AND RICE</b>	Noodles (G)	Rice	Mash (M)	Potato Nibbles	Chips
<b>VEGETABLES</b>	Mixed Vegetables	Mixed Vegetables	Seasonal Vegetables	Salad	Peas or beans
<b>BREAD</b>	Garlic Bread or Flatbread (G)	Garlic Bread or Naan (G)	Garlic bread (G)	Garlic bread (G)	Garlic bread (G)
<b>STREET FOOD</b>	Flatbreads (G) (M)	Assorted Paninis (G) (M)	Sausage Muffins (G)(E)	Giant Hot Dogs (G)	Sausage Roll (G) (E)
<b>PUDDING</b>	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	Meatballs (G)	Chicken Curry (M)	Roast Chicken (G) (S)(E)(M)	All Day Breakfast	Battered 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)	Quorn Curry (M)	Quorn Fillet (M) (G) (S)	Quorn Sausage	Quorn Nuggets (G)
POTATO AND RICE	Spaghetti	Rice	Mash (M)	Hash Browns or Jacket Potato (M)	Chips
VEGETABLES	Beans	Beans	Seasonal Vegetables	Beans	Peas or Beans
BREAD	Garlic Bread (G)	Naan (G)	Garlic Bread (G)	Garlic Bread (G)	Garlic Bread (G)
STREET FOOD	Flatbreads (G) (M)	Assorted Paninis (G) (M)	Cheeseburger (G) (M)	Pizza (M) (G)	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
<b>MAIN MEAL 1</b>	Hunters Chicken (G)	Curry of the Day (M)	Lincolnshire Sausage (G) (S)	Southern Fried Chicken Burger (G)	Battered Fish or Sausage (F) (G)
<b>MAIN MEAL 2</b>	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)	Pasta Bake (G) (M)
<b>VEGETARIAN</b>	Frittata (G) (E)	Vegetable Curry	Quorn Sausage	Quorn Burger (G) (E) (M)	Quorn Nuggets (G)
<b>POTATO AND RICE</b>	Baby Potatoes	Rice	Mash	Skinny Fries	Chips
<b>VEGETABLES</b>	Salad	Beans	Beans or Peas	Beans or Salad	Peas or Beans
<b>BREAD</b>	Garlic Bread (G)	Naan (G)	Garlic Bread (G)	Rolls (G)	Garlic Bread (G)
<b>STREET FOOD</b>	Flatbreads (G) (M)	Assorted Paninis (G) (M)	Nachos with Chilli and Salsa (G)	Meat and Veg Pasty (M) (G) (E)	Sausage Rolls (G) (E)
<b>PUDDING</b>	Of the Day	Of the Day	Of the Day	Of the Day	



# 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 Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
<b>DAILY</b>	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)
<b>SPECIAL OF THE DAY</b>	Cheeseburger (G) (M)	Chicken Strips (G)	Curry and Rice (M)	Flatbreads(G) (M)	Sweet and Sour Chicken Chunks and Rice
<b>PASTAS OF THE DAY</b>	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (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 Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
<b>DAILY</b>	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)
<b>SPECIAL OF THE DAY</b>	Cheeseburger (G) (M)	Chicken Strips (G)	Curry and Rice (M)	Flatbreads(G) (M)	Sweet and Sour Chicken Chunks and Rice
<b>PASTAS OF THE DAY</b>	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (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 Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)	Chicken Burger (G)
<b>DAILY</b>	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)	Pizza (G) (M)
<b>SPECIAL OF THE DAY</b>	Cheeseburger (G) (M)	Chicken Strips (G)	Curry and Rice (M)	Flatbreads(G) (M)	Sweet and Sour Chicken Chunks and Rice
<b>PASTAS OF THE DAY</b>	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)	PASTA POT (G) (M)