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| **HHS Menu**  **Autumn menu 1** | **Meat Free Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main Course**  **Restaurant & Grab & Go** | Macaroni Cheese  (béchamel sauce, onion, thyme & cheese)  Baked until golden brown | Chicken Sausage  Homemade Creamy Mashed Potato  Onion Gravy  **Grab & Go:** Roasted potatoes with Garlic & Herbs | Spaghetti Bolognese  (beef mince, tomato, celery, oregano, garlic, carrot & onion)  Grated Cheese | Chicken Shawarma  (lemon, garlic, cumin, turmeric, cinnamon, cayenne & paprika)  Flatbread  Garlic Yogurt Sauce  Sumac Rice | Battered Pollock  (Sustainably Caught)  Chips  Homemade Tartar Sauce |
| **Vegan** | Roasted Vegetables and Green Lentils with Sriracha | Quorn Vegan Sausage  Roasted potatoes with Garlic & Herbs | Spicy Vegan Sausage Pasta  (Sausage chunks, tomato, celery, oregano, carrot, onion & chilli) | Flatbread with garlic, herbs, humous, roasted chickpeas & rocket | Stuffed and roasted peppers  (rice, onion, chilli, mixed vegetables) |
| **Vegetables** | Mixed Salad  (counter)  Coleslaw (salad bar) | Peas  Mixed Salad (salad bar)  Coleslaw (salad bar) | Mixed Salad  (counter)  Coleslaw (salad bar) | Mixed Salad  (counter)  Coleslaw (salad bar) | Baked Beans or Peas |
| **Pudding** | Fresh Fruit Salad Pots  Whole Fruit  Yogurt  Cheese, Crackers & Raisins  Vegetarian Jelly  Alpro Yogurt | Homemade Apple & Cinnamon Crumble with Custard  Fresh Fruit Salad Pots  Whole Fruit  Yogurt  Vegetarian Jelly  Alpro Yogurt | Homemade Mandarin Sponge Cake with Icing & Sprinkles  Custard  Fresh fruit salad pots  Whole Fruit  Yogurt  Vegetarian Jelly  Alpro Yogurt | Fresh Fruit Salad Pots  Whole Fruit  Yogurt  Cheese, Crackers & Raisins  Vegetarian Jelly  Alpro Yogurt | Homemade Banana Cake with Custard  Whole Fruit  Yogurt  Cheese, Crackers & Raisins  Vegetarian Jelly  Alpro Yogurt |