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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 SausageHomemade Creamy Mashed PotatoOnion 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)FlatbreadGarlic Yogurt SauceSumac Rice | Battered Pollock(Sustainably Caught)ChipsHomemade Tartar Sauce |
| **Vegan** | Roasted Vegetables and Green Lentils with Sriracha  | Quorn Vegan SausageRoasted 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) | PeasMixed 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 PotsWhole FruitYogurtCheese, Crackers & RaisinsVegetarian JellyAlpro Yogurt | Homemade Apple & Cinnamon Crumble with CustardFresh Fruit Salad PotsWhole FruitYogurtVegetarian JellyAlpro Yogurt | Homemade Mandarin Sponge Cake with Icing & SprinklesCustardFresh fruit salad potsWhole FruitYogurtVegetarian JellyAlpro Yogurt | Fresh Fruit Salad PotsWhole FruitYogurtCheese, Crackers & RaisinsVegetarian JellyAlpro Yogurt | Homemade Banana Cake with CustardWhole FruitYogurtCheese, Crackers & RaisinsVegetarian JellyAlpro Yogurt |