

HMP and YO1 Grampian Menu 2019 Spring / Summer

Wk1	Breakfast	Lunch	Tea	Print Name:- Prisoner Number:- Hall / Location (e.g. Eilon 1-23)		
Mon.	Cereal / Bread 250ml Semi-Skimmed Milk	Mackerel Salad (H) Veg Haggis, Neep & Tattie Pie & Beans (V) Chicken & Mushroom Pasty & Beans Vegetable Soup / Bread & Orange	Egg & Mayo Salad (V&H) Macaroni Cheese, Chips & Peas (V) King Rib, Chips & Peas Rice Pudding OR Kiwi Fruit		
					1	1
					2	2
Tues.	Cereal / Bread 250ml Semi-Skimmed Milk	Chopped Pork Baguette & Tossed Salad Cauli & Broccoli Bake (1 pot) (V) Porridge, Banana & 250ml Milk (V & H) Lentil Soup / Bread & Apple	Ham Salad (H) Veg Fricassee & Rice (V) Chinese Chicken Curry & Rice Ice Cream OR Satsuma		
					1	1
					2	2
Wed.	Cereal / Bread 250ml Semi-Skimmed Milk	Coronation Chicken Wrap & Salad Veg Burger, Seeded Bun & Salad (V&H) Lentil Dahl & Nean Bread (V) Green Pea Soup / Bread & Pear	Tub of Cheese, 2 Rolls & Chips (V) Fish Pie, Potatoes & Carrots (H) Cumberland Sausage, Potatoes, Carrots & Gravy Jam Tart & Custard OR Banana		
					1	1
					2	2
Thurs.	Cereal / Bread 250ml Semi-Skimmed Milk	Sardine Salad (H) Cheese & Onion Quiche & Hoops (V) Scotch Pie & Hoops Veg Broth / Bread & Orange	Veg Supreme, Potatoes & Mixed Veg (V) Braised Liver, Potatoes & Mixed Veg (H) Lasagne & Garlic Bread Yoghurt OR Kiwi Fruit		
					1	1
					2	2
Fri.	Cereal / Bread 250ml Semi-Skimmed Milk	Veg Curry & Naan Bread (V) 2 Chopped Pork Rolls & Salad Tuna Pasta Salad (H) Vegetable Soup / Bread & Apple	Turkey Salad (H) Quorn Sausage Casserole, Chips & Peas (V) Breaded Fish, Chips & Peas Apple Crumble & Custard OR Banana		
					1	1
					2	2
Sat.	Cereal / Bread 500ml Semi-Skimmed Milk	Porridge, Banana & 250ml Milk (V & H) VEG: BRUNCH - 1 x Brown Roll, 2 x Veg Sausage, ½ Tomato, Potato Scone, Egg & Beans (V) BRUNCH - 1 x Brown Roll, 1 x Bacon, 1 x Link, 1 x Black Pudding, Potato Scone, Egg & Beans Pear	Pork Chop, Mashed Potatoes, Farmhouse Veg & Gravy Veg Lasagne, Mashed Potatoes & Farmhouse Veg (V&H) 2x Boiled Eggs, 2x Rolls, 250mls Milk & Biscuit (V) Shortbread Finger OR Satsuma		
					1	1
					2	2
Sun.	Cereal / Bread 500ml Semi-Skimmed Milk	Spicy Bean Burger, Seeded Bun & Salad (V&H) Chicken Burger, Seeded Bun & Salad Lentil Soup / Bread & Orange	Veg Kiev, Baby Boilers, Cabbage & Gravy (V) Chicken & Veg Slab Pie, Baby Boilers, Cabbage & Gravy Jam Doughnut OR Kiwi Fruit		
					1	1
					2	2

Additional Menu Information
SIDE SALADS WILL CONSIST OF:-
 LETTUCE, CUCUMBER SLICES & TOMATO

IF YOU HAVE ANY DIAGNOSED FOOD ALLERGIES INFORM THE H.C.U. & CATERING STAFF

(V) DENOTES VEGETARIAN OPTIONS
 (H) DENOTES HEALTHIER OPTION

TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS

HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY

Diabetic Diet Prisoners:-
 Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.

MENU MAY VARY SUBJECT TO AVAILABILITY

HMP and YO1 Grampian Menu 2019 Spring / Summer

Wk2	Breakfast	Lunch	Tea	Print Name:- Prisoner Number:- Hall / Location (e.g. Ellon 1-23)
Mon.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Egg & Mayo Salad (V&H)	1 2 Roast Beef Rolls & Crisps	1) Firstly <u>CIRCLE</u> your choice of lunch and Teatime main meals. 2) Pass the completed menu to your Gallery Officer. He/She will record your menu choices for the Kitchen. Your choices will be recorded on sharepoint. 3) <u>If you do not complete a menu the section staff will make choices for you.</u>
		2 Chopped Pork Baguette & Salad	2 Quorn Sausage Supreme, Chips & Peas (V)	
		3 Sausage Roll & Beans	3 Jumbo Sausage, Chips & Peas	
Tues.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Porridge, Banana & 250ml Milk (V & H)	1 Curried Rice Salad (V&H)	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Tomato Omelette & Coleslaw (V)	2 Veg Fricassee & Pasta (V)	
		3 Pizza Slice & Coleslaw (V)	3 Meatballs & Pasta	
Wed.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Lentil Soup / Bread & Pear	1 Choc Ice <u>OR</u> Satsuma	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Chicken Mayo Wrap & Salad	2 Honey Roast Ham Salad (H)	
		3 Cauli & Broccoli Bake (V&H)	3 Veg Casserole Potatoes & Carrots (V&H)	
Thurs.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Green Pea Soup / Bread & Orange	1 Lemon Tart & Custard <u>OR</u> Kiwi Fruit	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Mackerel Salad (H)	2 2 Corned Beef Rolls & Crisps with Tossed Salad	
		3 Falafel & Spinach 1/4 Pounder, Seeded Bun & Onions	3 Tuna Mayo Salad	
Fri.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Veg Burger, Seeded Bun & Onions (V)	1 Baked Potato & Cheesy Beans	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Veg Broth / Bread & Apple	2 Frozen Toffee Yoghurt <u>OR</u> Banana	
		3 Sardine Salad (H)	3 Pasta Marie Rose Salad (V&H)	
Sat.	Cereal / Bread 500ml Semi-Skimmed Milk	1 Cheese & Onion Pasty & Beans (V)	1 Fish Cake, Chips & Salad	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Scotch Pie & Beans	2 Kebab & Chips with Pita, Sauce & Salad	
		3 Vegetable Soup / Bread & Pear	3 Syrup Sponge & Custard <u>OR</u> Satsuma	
Sun.	Cereal / Bread 500ml Semi-Skimmed Milk	1 Porridge, Banana & 250ml Milk (V & H)	1 Veg Kiev, Baby Boilers, Farmhouse Veg & Gravy (V)	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 VEG. BRUNCH - 1 x Brown Roll, 2 x Quorn Sausage, 1/2 Tomato, Potato Score, Egg & Beans (V)	2 Slab Steak Pie, Baby Boilers, Farmhouse Veg & Gravy	
		3 BRUNCH - 1 x Brown Roll, 1 x Bacon, 1 x Link, 1 x Black Pudding, Potato Score, Egg & Beans	3 Tub of Cheese, 2x Rolls, 250mls Milk & Biscuit (V)	
		1 Orange	1 Flapjack <u>OR</u> Kiwi Fruit	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Veggie Fingers (4), Torpedo Roll & Onions (V)	2 Veg Supreme, Rice & Naan (V)	
		1 Jumbo Sausage, Roll & Onions	1 Chicken Chasni, Rice & Naan	Additional Menu Information SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO IF YOU HAVE ANY <u>DIAGNOSED FOOD ALLERGIES</u> INFORM THE H.C.U. & CATERING STAFF (V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEALTHIER OPTION TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 Lentil Soup / Bread & Apple	2 Jam Doughnut <u>OR</u> Banana	
MENU MAY VARY SUBJECT TO AVAILABILITY				

HMP and YO1 Grampian Menu 2019 Spring / Summer

WK2	Breakfast	Lunch	Tea	Print Name:-
Mon.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Egg & Mayo Salad (V&H)	1 2 Roast Beef Rolls & Crisps
		2 Chopped Pork Baguette & Salad	2 Quorn Sausage Supreme, Chips & Peas (V)	Prisoner Number:-
		3 Sausage Roll & Beans	Jumbo Sausage, Chips & Peas
Tues.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Porridge, Banana & 250ml Milk (V & H)	1 Rice Pudding OR Banana	Hall / Location (e.g. Ellon 1-23)
		2 Tomato Omelette & Coleslaw (V)	2 Curried Rice Salad (V&H)
		3 Pizza Slice & Coleslaw (V)	3 Veg Fricassee & Pasta (V)
Wed.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Lentil Soup / Bread & Pear	1 Choc Ice OR Satsuma	1) Firstly CIRCLE your choice of lunch and Teatime main meals.
		2 Chicken Mayo Wrap & Salad	2 Honey Roast Ham Salad (H)	2) Pass the completed menu to your Gallery Officer. He/She will record your menu choices for the Kitchen. Your choices will be recorded on sharepoint.
		3 Cauli & Broccoli Bake (V&H)	3 Veg Casserole Potatoes & Carrots (V&H)	3) If you do not complete a menu the section staff will make choices for you.
Thurs.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Green Pea Soup / Bread & Orange	1 Steak Mince, Potatoes & Carrots	Additional Menu Information
		2 Mackerel Salad (H)	2 Lemon Tart & Custard OR Kiwi Fruit	SIDE SALADS WILL CONSIST OF:- LETTUCE, CUCUMBER SLICES & TOMATO
		3 Falafel & Spinach 1/4 Pounder, Seeded Bun & Onions	3 2 Corned Beef Rolls & Crisps with Tossed Salad Tuna Mayo Salad	IF YOU HAVE ANY DIAGNOSED FOOD ALLERGIES INFORM THE H.C.U. & CATERING STAFF
Fri.	Cereal / Bread 250ml Semi-Skimmed Milk	1 Veg Broth / Bread & Apple	1 Baked Potato & Cheesy Beans	(V) DENOTES VEGETARIAN OPTIONS (H) DENOTES HEAL THIER OPTION
		2 Sardine Salad (H)	2 Frozen Toffee Yoghurt OR Banana	TEA PACKS ISSUED ON A FRIDAY WILL CONTAIN:- 21 SUGARS, 21 WHITENERS, 1 PACKET PLAIN BISCUITS
		3 Cheese & Onion Pasty & Beans (V)	3 Pasta Marie Rose Salad (V&H) Fish Cake, Chips & Salad	HOME MADE SOUP & BREAD IS AVAILABLE LUNCH TIMES - ALL SUITABLE FOR VEGETARIAN, MONDAY TO FRIDAY & SUNDAY
Sat.	Cereal / Bread 500ml Semi-Skimmed Milk	1 Porridge, Banana & 250ml Milk (V & H)	1 Veg Kiev, Baby Boilers, Farmhouse Veg & Gravy (V)	Diabetic Diet Prisoners:- Should follow the recommendations of the Food Standards Agency Eat Well Plate Model when selecting their Choice.
		2 VEG, BRUNCH - 1 x Brown Roll, 2 x Quorn Sausage, 1/2 Tomato, Potato Scone, Egg & Beans (V)	2 Slab Steak Pie, Baby Boilers, Farmhouse Veg & Gravy	MENU MAY VARY SUBJECT TO AVAILABILITY
		3 BRUNCH - 1 x Brown Roll, 1 x Bacon, 1 x Link, 1 x Black Pudding, Potato Scone, Egg & Beans	3 Tub of Cheese, 2x Rolls, 250mls Milk & Biscuit (V)	
Sun.	Cereal / Bread 500ml Semi-Skimmed Milk	1 Veggie Fingers (4), Torpedo Roll & Onions (V)	1 Flapjack OR Kiwi Fruit	
		2 Jumbo Sausage, Roll & Onions	2 Veg Supreme, Rice & Naan (V)	
		Lentil Soup / Bread & Apple	2 Jam Doughnut OR Banana	