

HM PRISON PERTH, MENU SELECTOR	WEEK 2	WEEK COMMENCING: VEGAN DIET
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Menu subject to change without notice

NAME -	NUMBER:	LOCATION:
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CHOOSE ONE MAIN COURSE AND PUDDING OR FRUIT

MONDAY

LUNCH

	SOUP & ROLL (V,H,M)	
1		
2	TOMATO AND VEG PASTA AND FRUIT	

TEA

1	LENTIL AND VEGETABLE DAHL + RICE	
2		
3		
1		
2	ORANGE	

TUESDAY

	SOUP & ROLL (V,H,M)	
1		
2	BAKED POTATO +BEANS AND FRUIT	

1	POTATO AND BEAN PIE	
2		
3		
	BOILED POTATO AND TURNIP	
1		
2	APPLE	

WEDNESDAY

	SOUP & ROLL (V,H,M)	
1		
2	VEGETABLE FINGERS AND SALAD	

1	CAULIFLOWER CURRY AND RICE	
2		
3		
1		
2	ORANGE	

THURSDAY

	SOUP & ROLL (V,H,M)	
1		
2	SALAD SANDWICHES AND FRUIT	

1	VEG SPRING ROLLS AND RICE	
2		
3		
1		
2	APPLE	

FRIDAY

	SOUP & ROLL (V,H,M)	
1		
2	BAKED POTATO + BEANS	

1	VEG CHILLI AND RICE	
2		
3		
	BOILED POTATOES AND MUSHY PEAS	
1		
2	ORANGE	

SATURDAY

	SOUP & ROLL (V,H,M)	
1		
2	2XVEG SAUSAGE,HASH BROWN AND TOMATO	

1	CURRIED VEG PIE	
2		
	CHIPS AND PEAS	
1		
2	APPLE	

SUNDAY

	SOUP & ROLL (V,H,M)	
1		
2	VEG HAGGIS, 2XVEG SAUSAGE,POT SCONE AND BEANS	

1	SPICY BEAN BURGER	
2		
	BOILED POTATOES AND CARROTS	
1		
2	APPLE	

(V)=SUITABLE FOR VEGETARIAN CHOICE (H) = HEALTHIER OPTION (M) = SUITABLE FOR MUSLIM/HALAL CHOICE

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NAME:

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CHOOSE ONE MAIN COURSE AND PUDDING OR FRUIT

MONDAY LUNCH

	SOUP & ROLL (V,HC,HAL)	
1	VEGETABLE SUPREME, RICE & FRUIT (V,HC,HAL)	
2	BREADED CHICKEN BAGUETTE & FRUIT (HAL)	

TUESDAY

	SOUP & ROLL (V,HC,HAL)	
1	SWEET AND SOUR VEG AND RICE	
2	HALAL LORNE ROLLS X 2	

WEDNESDAY

	SOUP & ROLL (V,HC,HAL)	
1	CHEESE & VEG BAKE, ROLL & SALAD (V,HC,HAL)	
2	HALAL BEEF BURGER, ROLL & SALAD (HAL)	

THURSDAY

	SOUP & ROLL (V,HC,HAL)	
1	CURRIED EGGS + RICE (V,HC,HAL)	
2	CHICKEN PIE + BEANS (HAL)	

FRIDAY

	SOUP & ROLL (V,HC,HAL)	
1	BAKED POTATO & SPICY BEANS	
2	CHICKEN & SWEETCORN PIZZA & SALAD	

SATURDAY

	SOUP & ROLL (V,HC,HAL)	
1	2 X VEG SAUSAGE, TOM, POT SCONE, SPAGHETTI	
2	2 x HALAL BURGER, VEG SAUSAGE, POT SCONE SPAGHETTI	

SUNDAY

	SOUP & ROLL (V,HC,HAL)	
1	2 x VEG SAUS, BOILED EGG, BEANS & HASH BROWN (HC,HAL)	
2	HALAL LORNE, VEG SAUS, B' EGG, BEANS & HASH BROWN(HC,HAL)	

TEA

1	CAULIFLOWER CHEESE BAKE (V,HAL)	
2	SPICY CHICKEN LEG (H,HAL)	
3	HALAL STOVIES	
	CHIPS & PEAS	
1	RICE PUDDING OR	
2	APPLE (HC)	

1	TOMATO OMELETTE (V,HC,HAL)	
2	BREADED HADDOCK (HC,HAL)	
3	VEG SAUSAGE IN BATTER	
	CHIPS & MUSHY PEAS	
1	CARAMEL SPONGE & CUSTARD OR	
2	ORANGE (HC)	

1	MACARONI CHEESE (V, HAL)	
2	FISHCAKE (HAL)	
3	HOMEMADE CURRIED CHICKEN PIE (HAL)	
	BOILED POTATOES & CARROTS	
1	INDIVIDUAL CHOC ICE OR	
2	APPLE (HC)	

1	VEGETABLE LASAGNE (V,HC,HAL)	
2	HALAL LAMB CASSEROLE (HAL)	
3	CHICKEN +VEG RISSOTO	
	MASHED POTATOES+GREEN BEANS	
1	CHOCOLATE DOUGHNUT OR	
2	ORANGE (HC)	

1	VEG FLAN BAKED POTATO+SALAD	
2	TUNA PASTA BAKE+GARLIC BREAD	
3	MINCE BEEF+LENTIL CURRY+RICE	
1	LOW FAT YOGHURT	
2	APPLE (HC)	

1	SPICY BEAN BURGER (V,HC,HAL)	
2	BREADED HADDOCK (HC,HAL)	
	BOILED POTATOES & GARDEN PEAS	
1	VANILLA ICE CREAM OR	
2	ORANGE (HC)	

1	CURRIED VEGETABLE PIE (V,HAL)	
2	HOME MADE CHICKEN PIE (HAL)	
	BOILED POTATOES & SWEETCORN	
1	SUGAR RING DOUGHNUT OR	
2	APPLE (HC)	

(V)=SUITABLE FOR VEGETARIAN CHOICE (HC)= HEALTHIER CHOICE (HAL)= SUITABLE FOR HALAL CHOICE

HM PRISON PERTH, MENU SELECTOR	WEEK 1	WEEK COMMENCING: VEGAN DIET
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NAME - VEGAN	NUMBER:	LOCATION:
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CHOOSE ONE MAIN COURSE AND PUDDING OR FRUIT

MONDAY **LUNCH**

	SOUP & ROLL (V,H,M)	
1		
2	SALAD BAGUETTE + FRUIT	

TUESDAY

	SOUP & ROLL (V,H,M)	
1		
2	SWEET AND SOUR VEG +RICE	

WEDNESDAY

	SOUP & ROLL (V,H,M)	
1		
2	VEG BURGER ROLL AND SALAD	

THURSDAY

	SOUP & ROLL (V,H,M)	
1		
2	BAKED POTATO AND CURRIED VEG	

FRIDAY

	SOUP & ROLL (V,H,M)	
1		
2	BAKED POTATO + SPICY BEANS	

SATURDAY

	SOUP & ROLL (V,H,M)	
1		
2	2XVEG SAUSAGE, TOMATO ,POT SCONE, SPAGHETTI	

SUNDAY

	SOUP & ROLL (V,H,M)	
1		
2	VEG HAGGIS ,2 X VEG SAUSAGE, BEANS, HASH BROWN	

TEA

1	CAULIFLOWER AND TOMATO BAKE	
2		
3		
	CHIPS AND PEAS	
1		
2	APPLE	

1	BATTERED VEG SAUSAGE	
2		
3		
	CHIPS AND MUSHY PEAS	
1		
2	ORANGE	

1	TOMATO PASTA	
2		
3		
	BOILED POTATOES AND CARROTS	
1		
2	APPLE	

1	VEGETABLE RISOTTO	
2		
3		
1		
2	ORANGE	

1	TOMATO+VEG PASTA	
2		
3		
1		
2	APPLE	

1	SPICY BEAN BURGER	
2		
	SPICY WEDGES AND PEAS	
1	VANILLA ICE CREAM OR	
2	APPLE	

1	CURRIED VEG PIE	
2		
1	JAM DOUGHNUT	
2	ORANGE	

(V)=SUITABLE FOR VEGETARIAN CHOICE (H)= HEALTHIER OPTION (M)= SUITABLE FOR MUSLIM/HALAL CHOICE

Menu Choice - You Choose

Name: _____

Kosher week one

Location: _____

	Breakfast	Lunch	Tea
M O N	250ml Milk Cereal Porridge Preserve Bread (Daily)	3 x Boiled Eggs Daily bread 2 x fruit	Kosher pre prepared Meal 1 x Fruit Yoghurt
Tues	250ml Milk Cereal Porridge Preserve Bread (Daily)	Small foil of cheese Daily bread 1 x fruit	Kosher pre prepared Meal 2 x Fruit
Wed	250ml Milk Cereal Porridge Preserve Bread (Daily)	Small foil tuna no mayo Daily bread 2 x fruit	Kosher pre prepared Meal 1 x Fruit Yoghurt
T H U R	250ml Milk Cereal Porridge Preserve Bread (Daily)	3 x Boiled Eggs Daily bread 1 x fruit	Kosher pre prepared Meal 2 x Fruit
F R I	250ml Milk Cereal Porridge Preserve Bread (Daily)	Small foil of cheese Daily bread 2 x fruit	Kosher pre prepared Meal 1 x Fruit Yoghurt
S A T	500ml Milk Cereal Porridge Preserve Bread (Daily)	Mackerel fillet Daily bread 1 x fruit	Kosher pre prepared Meal 2 x Fruit
S U N	500ml Milk Cereal Porridge Preserve Bread (Daily)	3 x Boiled Eggs Daily bread 1 x fruit	Kosher pre prepared Meal 2 x Fruit

THE MENU IS SUBJECT TO CHANGE DUE TO AVAILABILITY OF RATIONS FROM OUR SUPPLIERS.



HM PRISON PERTH, MENU SELECTOR	HALAL WEEK 3	WEEK COMMENCING 17TH JUNE 2019
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Menu subject to change without notice

NAME:	NUMBER:	LOCATION:
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MONDAY

LUNCH

TEA

	SOUP & ROLL (V,HC,HAL)	
1	PITTA BREAD & VEGETABLE FILLING (V,HC,HAL)	
2	CHICKEN GOUJONS & SPAGHETTI	

1	BROCCOLI AU GRATIN	
2	TOMATO OMELETTE	
3	HALAL MINCED BEEF & VEG MASHED POTATOES AND TURNIP	
1	YOGHURT OR	
2	APPLE (HC)	

TUESDAY

	SOUP & ROLL (V,HC,HAL)	
1	VEGETABLE PASTA CARBONARA & BAGUETTE (V,HC,HAL)	
2	COLD CHICKEN & BAGUETTE (HC,HAL)	

1	VEG BYRIANI	
2	HALAL SAUSAGE ROLL	
3	LAMB & BARLEY CASSEROLE BOILED POTATOES & PEAS	
1	LEMON SPONGE AND CUSTARD OR	
2	ORANGE (HC)	

WEDNESDAY

	SOUP & ROLL (V,HC,HAL)	
1	CHEESE & VEG BAKE, ROLL & FRUIT (HC, HAL)	
2	HALAL CHEESE BURGER, ROLL & FRUIT (HAL)	

1	CHEESE OMELETTE (V,HC,HAL)	
2	FISH FINGERS X 4 (HAL)	
3	CHICKEN PIE (HAL) CHIPS & BAKED BEANS	
1	LOW FAT YOGHURT (HC) OR	
2	APPLE (HC)	

THURSDAY

	SOUP & ROLL (V,HC,HAL)	
1	VEG CURRY + RICE (V, HC HAL)	
2	TOMATO PIZZA + SALAD (V,HAL)	

1	VEG CHILLI + RICE (V, HAL)	
2	SWEET+SOUR CHICKEN + RICE (HAL)	
3	CHICKEN CURRY + RICE (HAL)	
1	CHOCOLATE DOUGHNUT OR	
2	ORANGE (HC)	

FRIDAY

	SOUP & ROLL (V,HC,HAL)	
1	BAKED POTATO + COLESLAW + FRUIT (V,HC,HAL)	
2	BREADED CHICKEN BUN + FRUIT (V,HC,HAL)	

1	CREAMY LEEKS + PUFF PASTRY (V,HC,HAL)	
2	FISHCAKE (HAL)	
3	CHICKEN + PASTA BAKE (HC,HAL) POTATOES + SWEETCORN	
1	FROZEN TOFFEE YOGHURT OR	
2	APPLE (HC)	

SATURDAY

	SOUP & ROLL (V,HC,HAL)	
1	2 X VEG SAUSAGE,BOILED EGG,POT SCONE,BEANS (V,HC,HAL)	
2	HALAL BURGER ,VEG S/SAGE, BOILED EGG,POT SCONE, BEANS(HAL)	

1	VEGETABLE BRIDIE (V, HC,HAL)	
2	BREADED HADDOCK (HC,HAL) CHIPS & PEAS	
1	VANILLA ICE CREAM TUB OR	
2	ORANGE (HC)	

SUNDAY

	SOUP & ROLL (V,HC,MHAL)	
1	2x VEG SAUS, QOURN S/SAGE, HASH BROWN & TOMATO (V,HC,HAL)	
2	2 X HALAL LORNE , VEG SAUS, HASH BROWN & TOMATO (HAL)	

1	2 X VEG SAMOSAS	
2	HOMEMADE HALAL MINCE PIE BOILED POTATOES AND MACEDOINE	
1	SUGAR RING DOUGHNUT OR	
2	APPLE (HC)	

(V)=SUITABLE FOR VEGETARIAN CHOICE (HC)= HEALTHIER CHOICE (HAL)= SUITABLE FOR HALAL CHOICE

IF YOU HAVE A FOOD ALLERGY, PLEASE INFORM THE STAFF