

NAME:

NUMBER:

LOCATION:

# HMP SHOTTS MENU

WEEK 1 YELLOW

W/C: 8th July 2019

"V" DENOTES VEGETARIAN CHOICE  
"LF" DENOTES LOW FAT CHOICE

**healthy living**  
award  
the sign of a healthier choice



BREAKFAST	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	CEREAL/MILK/ROLL/JAM	MINESTRONE SOUP	CEREAL/MILK/ROLL/JAM	LENTIL SOUP	CEREAL/MILK/ROLL/JAM	POTATO & LEEK SOUP	CEREAL/MILK/ROLL/JAM	YELLOW SPLIT PEA SOUP	CEREAL/MILK/ROLL/JAM	CARROT CORIANDER SOUP	SATURDAY	PORRIDGE, MILK ROLL & BOILED EGG	PORRIDGE, MILK ROLL & BOILED EGG	SUNDAY
LUNCH	4 X FISH FINGER SOFTIE ROLL with TOMATO SAUCE & TOSSED SALAD	1	CORNED BEEF HASH ONE POT	1 LF	CHICKEN SALAD TRAY with COLESLAW	1 LF	SMOKED SAUSAGE BAGUETTE with MUSTARD	1 LF	SMOKED MACKEREL with CORONATION PASTA MAYO SALAD TRAY	1 LF	BROCCOLI CHEESE & EGG BAKE ONE POT with GARLIC BREAD	1 V/LF	2 X CORN ON COB with ONE POT SIDE SALAD	1 LF
	PENNE PASTA BOLOGNAISE with TOSSED SALAD	2	BAP ROLL CHEESE BURGER TOMATO SAUCE	2 LF	CORNISH PASTIE with BEANS	2	BAKED POTATO CHEESE & PICKLE	2	SPICY CHICKEN PIZZA SLICE	2 V	2 X ROLLS GRATED CHEESE FOIL TUNA MAYO TUB CRISPS/BANANA	2	1 X ROLL OMELETTE LORNE SAUSAGE BLACK PUDDING & BACON	2
	1 X CHEESE WRAP WITH SALAD CREAM & TOSSED SALAD	3 V/LF	BAKED POTATO & BBQ BEAN FILLING	3 V/LF	QUORN SAUSAGE HEARTY HOT POT	3 V	SWEET & SOUR VEG ONE POT with BAKED POTATO	3 V	TOMATO & PEPPER PIZZA SLICE	3 V	TOMATO GARLIC VEG ONE-POT with GARLIC BREAD CRISPS/BANANA	3 V	1 X ROLL OMELETTE HASH BROWN QUORN & VEG SAUSAGE	3 V
	1/2 PINT MILK	1	1/2 PINT MILK	1	1/2 PINT MILK	1	1/2 PINT MILK	1	1/2 PINT MILK	1	BROTH SOUP & ROLL	1	BAKED BEANS	1
VEG	FRUIT JUICE	2	FRUIT JUICE	2	FRUIT JUICE	2	FRUIT JUICE	2	FRUIT JUICE	2	FRUIT	2	FRUIT	2
TEA	CHICKEN KORMA with BOILED RICE	1	TOMATO MEATBALLS with PENNE PASTA	1 LF	MACARONI CHEESE with POT WEDGES	1 LF	CHILLI CON CARNIE with BOILED RICE	1 LF	IND SCOTCH PIE with CHIPS	1	LENTIL & BEEF COTTAGE PIE ONE-POT & CHIPS	1 LF	ROAST TURKEY with CHEESEY MAYO PASTA SALAD TRAY	1
	HAGGIS with MASHED POTATOES	2	CHICKEN LEG with BOMBAY POTATOES	2	PORK GOULASH with SAVOURY RICE	2	PORK CHOP with ROAST POTATOES	2	BAKED FISH & CHIPPED POTATOES	2	BREADED 1/4lb CHICKEN BURGER with CHIPS	2 LF	BEEF CHASSEUR with BABY BOILERS & BRUSSELL SPROUTS	2
	SAVOURY SOYA MINCE with MASHED POTATOES	3 V/LF	MEAT FREE 1/4 BURGER with BOMBAY POTATOES	3 V/LF	VEG LASAGNE ONE POT with POTATO WEDGES	3 V	COUNTRY VEGETABLE STEW ONE POT with RICE	3 V/LF	BEAN BURGER with CHIPS	3 V	2 X VEG SPRING ROLLS SPICY SAUCE & CHIPS	3 V/LF	VEG RAVIOLI BABY BOILERS & BRUSSELL SPROUTS	3 V
	ICE CREAM TUB	1	JAM & COCONUT SPONGE with CUSTARD	1	YOGHURT	1	BUTTER CREAM SPONGE	1	TRIFLE	1	ICE LOLLY & BISCUIT PACK	1	CHOCOLATE MUFFIN & FRUIT JUICE	1
SWEET	FRUIT	2	FRUIT	2	FRUIT	2	FRUIT	2	FRUIT	2	FRUIT	2	FRUIT	2

IF THE RELEVANT CHOICES ARE NOT MARKED AND HANDED BACK TO THE STAFF WITHIN THE APPROPRIATE TIMESCALE THEN THE MOST POPULAR CHOICE WILL BE MARKED FOR YOU. THIS WILL NOT BE CHANGED ON THE DAY OF SERVICE. THE MENU IS ALSO SUBJECT TO CHANGE DUE TO AVAILABILITY OF RATIONS FROM OUR SUPPLIERS. FOOD ALLERGENS & INTOLERANCES: If you have a food allergy or intolerance contact the catering department about ingredients in your meal before completing your choice menu sheet.

NAME:

NUMBER:

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# HMP SHOTTS MENU

WEEK 2

BLUE

"V" DENOTES VEGETARIAN CHOICE

"LF" DENOTES LOW FAT CHOICE



W/C: 15th July 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	CEREAL/MILK/ROLL/JAM	CEREAL/MILK/ROLL/JAM	CEREAL/MILK/ROLL/JAM	CEREAL/MILK/ROLL/JAM	CEREAL/MILK/ROLL/JAM	PORRIDGE, MILK ROLL & BOILED EGG	PORRIDGE, MILK ROLL & BOILED EGG
<b>SOUP</b>	POTATO & LEEK/ROLL	LENTIL SOUP/ROLL	TOMATO & LENTIL/ROLL	YELLOW SPLIT PEAS/ROLL	FARMHOUSE SOUP/ROLL	BAKED POTATO with BBQ BEANS CRISPS/BANANA	TUNA PASTA BAKE ONE POT with GARLIC BREAD
<b>LUNCH</b>	3 X CHICKEN GOJIONS WRAP with TOSSED SALAD	4 X CHOPPED PORK with 2 X SOFTIE ROLLS	2 X COLD MEAT PASTA MAYO SALAD TRAY	TUNA MAYO RED ONION BAKED POTATO	TANDOORI CHICKEN PASTA MAYO with PEPPERS SALAD TRAY	BAKED POTATO with BBQ BEANS CRISPS/BANANA	1 X SOFTIE ROLL POTATO WAFFLE LINK SAUSAGE BRUNCH BURGER & BACON
	PEPPERONI & PEPPERS PENNE PASTA with TOSSED SALAD	CHICKEN FRIED RICE with CURRY SAUCE	HOT DOG ROLL with ONIONS & TOMATO SAUCE	SCOTCH BRIDIE with BEANS	HAM & PINEAPPLE PIZZA SLICE	2 X ROLLS GRATED CHEESE FOIL 2 X HAM SLICES CRISPS/BANANA	1 X SOFTIE ROLL POTATO WAFFLE HASH BROWN QUORN & VEG SAUSAGE
	CHEESE WRAP with SALAD CREAM & TOSSED SALAD	ORIENTAL VEG FRIED RICE with CURRY SAUCE	2 X VEG SAUSAGE HOT DOG ROLL with ONIONS & TOMATO SAUCE	RATATOUILLE ONE POT with BAKED POTATO	TOMATO & MUSHROOM PIZZA SLICE	LENTIL & PEPPERS DHAL with BAKED POTATO CRISPS/BANANA	1 X SOFTIE ROLL POTATO WAFFLE HASH BROWN QUORN & VEG SAUSAGE
1/2 PINT MILK	1/2 PINT MILK	1/2 PINT MILK	1/2 PINT MILK	1/2 PINT MILK	1/2 PINT MILK	BROTH SOUP & ROLL	BAKED BEANS
FRUIT JUICE	FRUIT JUICE	FRUIT JUICE	FRUIT JUICE	FRUIT JUICE	FRUIT JUICE		LENTIL SOUP & ROLL
<b>VEG</b>	SLICED CARROTS	BAKED BEANS	PEAS/SWEETCORN	GREEN BEANS	COLESLAW		
<b>T E A</b>	CHICKEN CHASNI with RICE	3 X FISH CAKES with POTATO WEDGES with 2 X TARTARE SAUCE	PORK JALFREZI SAVOURY RICE	BOLOGNAISE with SPAGHETTI & PORTION GARLIC BREAD	BEEF BURGER BAP ROLL with CHIPPED POTATOES	COTTAGE PIE ONE POT	ROAST BEEF BAGUETTE with TOSSED SALAD & CHIPS
	Ind MINCE & GRAVY PIE with MASHED POTATOES	ITALIANE MEATBALLS with PENNE PASTA	CHICKEN KIEV with ROAST POTATOES	CUMBERLAND SAUSAGE with GRAVY & BABY BOILERS	BAKED FISH with CHIPPED POTATOES	CHICKEN CURRY with SAVOURY RICE & PITTA BREAD	TANDOORI CHICKEN LEG with CHIPS & TOSSED SALAD
	VEG GOULASH ONE POT with SAVOURY RICE	VEG BALTI with POTATO WEDGES	VEGETABLE CASSEROLE ONE POT with ROAST POTATOES	SOYA BOLOGNAISE ONE POT with SPAGHETTI & GARLIC BREAD	VEG 1/4 LB BURGER with CHIPPED POTATOES	5 BEAN STEW ONE POT with SAVOURY RICE & PITTA BREAD	6 X VEG PAKORA with TOSSED SALAD SPICY DIP & CHIPS
<b>SWEET</b>	ICE CREAM TUB	SULTANA SCONE with BUTTER	YOGHURT	ICED CHOCOLATE SPONGE with CUSTARD	CARAMEL SHORTCAKE	FLAVOURED ICE STICK & BISCUIT PACK	SUGAR RING DOUGHNUT & FRUIT JUICE
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT	FRUIT		

IF THE RELEVANT CHOICES ARE NOT MARKED AND HANDED BACK TO THE STAFF WITHIN THE APPROPRIATE TIMESCALE THEN THE MOST POPULAR CHOICE WILL BE MARKED FOR YOU. THIS WILL NOT BE CHANGED ON THE DAY OF SERVICE. THE MENU IS ALSO SUBJECT TO CHANGE DUE TO AVAILABILITY OF RATIONS FROM OUR SUPPLIERS. **FOOD ALLERGENS & INTOLERANCES:** If you have a food allergy or intolerance contact the catering department about ingredients in your meal before completing your choice menu sheet.



NAME:

NUMBER:

# HMP SHOTTS MENU

WEEK 3 RED

"V" DENOTES VEGETARIAN CHOICE

LOCATION:

W/C: 1st July 2019



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	CEREAL/MILK/ROLL/JAM	GREEN PEA SOUP & ROLL	CEREAL/MILK/ROLL/JAM	LENTIL SOUP & ROLL	CEREAL/MILK/ROLL/JAM	FARMHOUSE SOUP	CEREAL/MILK/ROLL/JAM	YELLOW PEA SOUP & ROLL	CEREAL/MILK/ROLL/JAM	MINISTRONE & ROLL	PORRIDGE, MILK, ROLL & BOILED EGG	TOMATO PEPPERS PASTA BAKE ONE POT CRISPS/ BANANA	2 X HAM SWEET CHILLI POTATO SALAD TRAY	2 X ROLLS GRATED CHEESE FOIL. 2 X CHOPPED PORK CRISPS/BANANA	PORRIDGE, MILK, ROLL & BOILED EGG
<b>BREAKFAST</b>	CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		CEREAL/MILK/ROLL/JAM		
	SOUP		SOUP		SOUP		SOUP		SOUP		SOUP		SOUP		
	GARLIC MAYO CHICKEN WRAP & TOSS SALAD		JUMBO SAUSAGE and ONIONS BAGUETTE		CAJUN CHICKEN TUB with TOSSED SALAD & PITTA BREAD		BBQ KING RIB BAGUETTE		2 X HAM SWEET CHILLI POTATO SALAD TRAY		TOMATO PEPPERS PASTA BAKE ONE POT CRISPS/ BANANA		COTTAGE CHEESE & SPRING ONION TUB with BAKED POTATO		
	HAM & MUSHROOM CARBONARA PENNE PASTA with TOSSED SALAD		BAKED POTATO CHEESY COLESLAW		SOFTIE ROLL with SAUSAGE ROLL & BEANS		RAVIOLI with GARLIC BREAD		PEPPERONI PIZZA SLICE		2 X ROLLS GRATED CHEESE FOIL. 2 X CHOPPED PORK CRISPS/BANANA		1 X ROLL POT SCONE STEAK LORNE BLACK PUDDING & BACON		
<b>LUNCH</b>	CHEESE WRAP WITH SALAD CREAM & TOSS SALAD		VEGETABLE & TOMATO BAKE ONE POT with BAKED POTATO		SPICY VEGETABLE MASHED POTATO ONE-POT		MEXICAN SOYA MINCE ONE POT with BAKED POTATO		CHEESE & ONION PIZZA		ONE POT CAULIFLOWER CHEESE CRISPS/BANANA		1 X ROLL POT SCONE HASH BROWN QUORN & VEG SAUSAGE		
	1/2 PINT MILK		1/2 PINT MILK		1/2 PINT MILK		1/2 PINT MILK		1/2 PINT MILK		BROTH SOUP & ROLL		PLUM TOMATOES		
	FRUIT JUICE		FRUIT JUICE		FRUIT JUICE		FRUIT JUICE		FRUIT JUICE		KEBAB TOSSED SALAD		LENTIL SOUP & ROLL		
	PEAS		MIXED VEG		PEAS & SWEETCORN		GREEN BEANS		PICKLED BETROOT		KEBAB TOSSED SALAD		LENTIL SOUP & ROLL		
<b>VEG</b>	CHICKEN BALTTI with RICE		CHICKEN & PEPPERS SUPREME with PASTA SPIRALS		BBQ PORK with RICE		ITALIANE MEATBALLS with PASTA SHELLS		Ind BLACKPUDDING & BBQ BEAN PIE with CHIPPED POTATOES		FISH POTATO & LEEK PIE ONE POT		ROAST PORK with HONEY & MUSTARD SALAD TRAY		
	Ind MACARONI CHEESE PIE with 6 X POTATO CROQUETTES		SLAB MINCE PIE with MASHED POTATOES		LASAGNE with POTATO WEDGES		GAMMON STEAK with PINEAPPLE & ROAST POTATOES		BAKED FISH with CHIPPED POTATOES		KEBAB MEAT WRAP with CHIPS & SAUCE		STEAK & SAUSAGE PIE with BABY BOILED POTATOES & MUSHY PEAS		
	MEDITERANIAN VEGETABLES ONE POT with RICE		VEG HOT POT with MASHED POTATOES		LENTIL DHAL ONE POT with POTATO WEDGES		NUT ROAST PUFF with ROAST POTATOES & GRAVY		VEG CURRY ONE POT with CHIPPED POTATOES		2 X VEGETABLE SAMOSAS with CHIPS & SAUCE		VEG 1/4 BURGER with BABY BOILED POTATOES & MUSHY PEAS		
	ICE CREAM TUB		CREAMED CHOCOLATE SPONGE		YOGHURT		APPLE CRUMBLE with CUSTARD		CRÈME FAN AU CHOCOLATE		FLAVOURED ICE STICK & BISCUIT PACK		CHOCOLATE COCONUT SNOWBALL & FRUIT JUICE		
FRUIT		FRUIT		FRUIT		FRUIT		FRUIT		FRUIT		FRUIT		FRUIT	

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