

	BREAKFAST			LUNCH			TEA			Additional Menu Information		
MON	Beverage pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Smoked Sausage Pasta	1	Burger & Mashed Potatoes	1	2 x Slices of Bread with Soup						
			2		Sausage Bean Casserole		2					
			3		Baked Potato & Chilli Mince Homemade Soup		3	Veg Kiev & Mashed Potatoes (V) Apple Crumble & Ice Cream or Fruit	3			
TUES	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Chopped Pork Salad Sandwich Baked Potato & Curried Beans (V) Homemade Soup	1	Tuna & Sweetcorn Salad (V) Egg & Tomato Quiche & Chips (V) Chocolate Doughnut or Fruit	1	2 x Slices of Bread with Soup						
			2		Fish & Chips		2					
			3		Penne Bolognese		3					
WED	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Lentil Dahl & Naan Bread (V) Cheese & Onion Roll (V) Baked Potato & Colestlaw (V) Homemade Soup	1	Lasagne & Side Salad Cumberland Ring Onion Gravy & Baby Boilers Cheese & Potato Pasty & Baby Boilers (V) Jam & Coconut Tart or Fruit	1	2 x Slices of Bread with Soup						
			2		Chicken Korrima & Rice		2					
			3		Chicken Tikka Wrap Baked Potato & Cheese Savoury (V) Homemade Soup		3					
THUR	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Fried Egg (1), Lorne Sausage (1) Rolls Chicken Tikka Wrap Baked Potato & Cheese Savoury (V) Homemade Soup	1	Macaroni Cheese & Garlic Slice (V) Chicken Fried Rice Chilli Con Carne & Rice Veg Samosa Salad (V) Scone, Butter & Jam or Fruit	1	2 x Slices of Bread with Soup						
			2		Corned Beef Hash		2					
			3		Cheese Savoury Sandwich (V) Potato Wedges (8) & Garlic Dip (V) Homemade Soup		3					
FRI	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Lorne Sausages, Black Pudding, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans. Veg Brunch: Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread Choice 3: Healthy Brunch: 2 x Slices Cold Meat, 1x Cheese Slice, Boiled Egg, Fruit, Roll, & Low Fat Spread. BRUNCH Link Sausage, Black Pudding, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans. Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread. (V) Choice no 3: Healthy Brunch as Above (Saturday)	1	Scotch Pie & Chips Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes	1	2 x Slices of Bread with Soup						
			2		Scotch Pie & Chips		2					
			3		Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes		3					
SAT	500ml Semi-Skimmed milk Cereal Portion	Link Sausage, Black Pudding, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans. Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread. (V) Choice no 3: Healthy Brunch as Above (Saturday)	1	Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes	1	1 Packet Biscuits						
			2		Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes		2					
			3		Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes		3					
SUN	500ml Semi-Skimmed milk Cereal Portion	Link Sausage, Black Pudding, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans. Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread. (V) Choice no 3: Healthy Brunch as Above (Saturday)	1	Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes	1	1 Packet Biscuits						
			2		Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes		2					
			3		Chopped Pork Sandwich & Packet of Crisps Cheese & Potato Pasty & Chips (V) Chicken Leg & Mashed Potatoes		3					

Print Name

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Prisoner
Number

.....

Hall/Location
(e.g. A1/3)

**WEEK 1
GREEN
MENU**

MENU

INFORMATION
Choose only one
choice for each
mealtime by putting
an X in the box.
Menu subject to
change Due to
Availability from
our suppliers.

DIET KEY

(V) = VEGETARIAN
DISH
Diabetic Diet Prisoners
should follow the
recommendations of the
Food Standards Agency
Eat well Plate Model
when selecting their
Choice
**Food Allergies and
Intolerances**
Before ordering please
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about your
requirements

**VEGETABLES
SERVED EVERY
EVENING MEAL**

HMP DUMRIES 2019 MULTI FAITH MENU

WEEK 3 BLUE WEEK BEGINNING

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>TEA</u>	<u>Additional Menu Information</u>
M O N	Beverage pack 250ml Semi-Skimmed Milk Cereal (V)	Tuna Bake	King Rib & Chips	2 SLICES OF BREAD WITH SOUP
		Breakfast Sandwich (V)	Chicken Chow Mein	
		Baked Potato & Chicken Tikka Homemade Soup	Vegetable Sausage Hot Pot (V) Chocolate Sponge & Custard or Fruit	
T U E S	Beverage Pack 250ml Semi-Skimmed Milk Cereal (V)	Hot Dog Roll & Onions	Liver & Onions & Potatoes	2 SLICES OF BREAD WITH SOUP
		Turkey Salad Bap	Mince & Potatoes	
		Baked Potato & Cheese (V) Homemade Soup	Vegetable Haggis & Potatoes (V) Jam Doughnut or Fruit	
W E D	Beverage Pack 250ml Semi-Skimmed Milk Cereal (V)	Meat Ball Pasta	Chicken Leg Curry & Chips	2 SLICES OF BREAD WITH SOUP
		Curried Egg Baguette (V)	Link Sausage (2), Fried Egg (1) & Chips Cheese Salad (V)	
		Potato Wedges & Sweet Mustard Dip (V) Homemade Soup	Caramel Shortcake or Fruit	
T H U R	Beverage Pack 250ml Semi-Skimmed Milk Cereal (V)	Vegetarian Pizza Rounds x 2 (V)	Beef Rogan Josh & Rice	2 SLICES OF BREAD WITH SOUP
		Ham Salad Wrap	Veg Samosa Salad (V)	
		Baked Potato & Keema Aloo Homemade Soup	Chilli Con Carne & Rice Chocolate Ice or Fruit	
F R I	Beverage Pack 250ml Semi-Skimmed Milk Cereal (V)	Chips & Cheese (V)	Haggis & Mashed Potatoes	2 SLICES OF BREAD WITH SOUP
		BBQ Chicken Wrap & Salad	Egg Mayo Baguette & 250ml Milk (V)	
		Baked Potato & Vegetable Curry (V) Homemade Soup	Chicken Kiev & Mashed Potatoes 0.67 Fruit Yoghurt or Fruit	
S A T	500ml Semi-Skimmed milk	BRUNCH Lorrie Sausage, Black Pudding, Potato Scone, Beans, Roll, Low Fat Spread, Fried Egg, Quorn Burger, Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread (V) Choice no 3: Healthy Brunch: 2x Slices Cold Meat, 1x Slice Cheese, Boiled Eggs, Beans, Fruit, Roll & Low Fat Spread	Burger Roll & Chips	Packet of Biscuits
		BRUNCH Link Sausage, Black Pudding, Potato Scone, Beans, Fried Egg, Roll & Low Fat Spread, Quorn Burger, Veg Sausage, Potato Scone, Fried Egg, Beans, Roll & Low Fat Spread (V) Choice no 3: Healthy Brunch as Above (Saturday).	Ham Salad Sandwich & a Packet of Crisps Lentil Dahl & Chips (V)	
		BRUNCH Chicken & Veg Pie & Roast Potatoes	Tuna Mayo Sandwich & a Packet of Crisps Creamy Vegetable Pie & Roast Potatoes (V)	
S U N	500ml Semi-Skimmed milk			Packet of Biscuits

Print Name

Prisoner Number

Hall/Location (E.G. A1/2)

WEEK3 BLUE MENU

MENU INFORMATION
Choose only one choice for each mealtime by putting an X in the box.

Menu subject to change due to availability from our suppliers.
DIET KEY
(V) = VEGETARIAN DISH

Diabetic Diet Prisoners
Should follow the recommendations of the Food Standards Agency Eat well Plate Model when selecting their Choice
Food Allergies and intolerances
Before ordering please speak to Kitchen staff about your requirements

VEGETABLES SERVED AT EVERY EVENING MEAL

HMP DUMFRIES 2019 **HEALTHY MENU** WEEK 2 RED WEEK BEGINNING

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>TEA</u>	<u>Additional Menu Information</u>	Print Name Prisoner Number Hall/Location (e.g. A1/2
M O N	Beverage pack 250ml Semi-skimmed Milk (V)	Tomato & Basil Pasta (V)	Fish & Boiled Potatoes	1	2 Slices of Bread with the Soup
		Breakfast Roll	Toad in the Hole & Potatoes	2	
		Baked Potato & Grated Cheese (V)	Veg Sausage Toad in the Hole & Potatoes (V)	3	
T U E S	Beverage Pack 250ml Semi-skimmed Milk Cereal (V)	Scotch Pie & Beans	Shepherd's Pie	1	2 Slices of Bread with the Soup
		Tuna Bap	Chicken Leg Salad	2	
		Chip Shop Curry Sauce & Chips (V)	Ind Cheese & Broccoli Quiche & Potatoes (V)	3	
W E D	Beverage Pack 250ml Semi-skimmed Milk Cereal (V)	Cheese & Tomato Pizza x 2 (V)	Italian Chicken Leg & Mashed Potatoes	1	2 Slices of Bread with the Soup
		Chicken Coronation Baked Potato	Kofta (I) & Mashed Potatoes	2	
		Cheese Salad Roll (V)	Veg Kiev & Mashed Potatoes (V)	3	
T H U R	Beverage Pack 250ml Semi-skimmed Milk Cereal (V)	Homemade Soup	Fruit Fool or Fruit		2 Slices of Bread with the Soup
		Cheese Pasty & Beans (V)	Keema Aloo & Rice	1	
		Sweet Chilli Chicken Wrap	Veg Egg Fried Rice (V)	2	
F R I	Beverage Pack 250ml Semi Milk Cereal (V)	Baked Potato & Lentil Dahl (V)	Veg Spring Roll & Rice (V)	3	2 Slices of Bread with the Soup
		Homemade Soup	Ginger Iced Sponge or Fruit		
		Cheeseburger & Salad	Cauliflower Cheese (V)	1	
S A T	500ml Semi-Skimmed milk	Baked Potato & Tuna Savoury	Chicken Mayo Baguette & 250ml Milk	2	2 Slices of Bread with the Soup
		Homemade Soup	Penne Bolognese and Garlic Slice	3	
		BRUNCH	Fruit Yogurt or Fruit		
S U N	500ml Semi-Skimmed milk	Lorrie Sausage, Burger, Potato Scone, Beans, Roll, Low Fat Spread, Fried Egg.	Curried Chicken Pie & Chips	1	1 Packet Biscuits
		Quorn Burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread (V)	Cheese & Onion Sandwich & a Packet Crisps (V)	2	
		Healthy Brunch: 2x Slices Cold Meat, 1x Slice Cheese, Boiled Egg, Beans, Fruit, Roll & Low Fat Spread	Vegetable Curried Pie & Chips (V)	3	
BRUNCH		Lorrie Sausage, Burger, Potato Scone, Beans, Roll, Low Fat Spread, Fried Egg.	Mince Pie & Potatoes	1	1 Packet Biscuits
		Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread (V)	Cheese & Tomato Sandwich & a Packet of Crisps (V)	2	
		Choice no 3: Healthy as Above (Saturday)	Vegetable Pie & Potatoes (V)	3	

WEEK 2 RED MENU

MENU INFORMATION

Choose only one choice for each mealtime by putting an **X** in the box. Menu subject to change due to Availability from our Suppliers

DIET KEY

(V) = VEGETARIAN DISH

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Food Allergies and Intolerances
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Vegetables Served Every Evening Meal

HMP DUMERIES 2019 HALAL MENU WEEK 1 GREEN WEEK BEGINNING

	BREAKFAST		LUNCH			TEA			Additional Menu Information		Print Name Prisoner Number Hall/Location (e.g. A1/3)
MON	Beverage pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Vegetable Pasta (V) Egg Mayonnaise Roll (V) Baked Potato & Chili Mince	1	Burger & Mashed Potatoes	1	2 x Slices of Bread with Soup	1 Packet Biscuits				
			2	Halal Sausage Bean Casserole	2						
			3	Veg Kiev & Mashed Potatoes (V) <i>Apple Crumble & Ice Cream or Fruit Fish & Chips</i>	3						
TUES	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Cheese Salad Sandwich (V) Baked Potato with Curried Beans (V)	1	Tuna & Sweetcorn Salad (V) <i>Chocolate Doughnut or Fruit</i>	1	2 x Slices of Bread with Soup					
			2	Egg & Tomato Quiche & Chips (V)	2						
			3	Lasagne & Side Salad 0.90	3						
WED	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Lentil Dahl & Naan Bread (V) Cheese & Onion Roll (V) Baked Potato & Colelaw (V)	1	Fish Cakes (2) & Baby Boilers 0.32	1	2 x Slices of Bread with Soup					
			2	Cheese & Potato Pasty & Boilers (V) 0.42	2						
			3	<i>Jam & Coconut Tart or Fruit</i>	3						
THUR	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Fried Egg (1), Burger(1) Rolls Chicken Tikka Wrap Baked Potato & Cheese Savoury (V)	1	Chicken Korra & Rice 0.80	1	2 x Slices of Bread with Soup					
			2	Chilli Con Carne & Rice 0.78	2						
			3	Veg Samosa Salad (V) 0.55 <i>Scone, Butter & Jam or Fruit</i>	3						
FRI	Beverage Pack 250ml Semi-Skimmed Milk Cereal Portion (V)	Lorne Hash Cheese Savoury Sandwich (V) Potato Wedges (8) & Garlic Dip (V)	1	Macaroni Cheese & Garlic Slice (V) 0.50	1	2 x Slices of Bread with Soup					
			2	Chicken Fried Rice 0.50	2						
			3	Tuna Mayo Baguette & 250ml Milk 0.60 <i>Fruit Yogurt or Fruit</i>	3						
SAT	500ml Semi-Skimmed milk Cereal Portion	Lorne Sausage, Burger, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans Veg Brunch: Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread (V) Choice 3: Healthy Brunch: 1 x Tomato, 1x Cheese Slice, Boiled Egg, Fruit, Beans Roll, & Low Fat Spread.	1	Scotch Pie (Halal) & Chips	1	1 Packet Biscuits					
			2	Cheese Sandwich & Packet of Crisps (V)	2						
			3	Cheese & Potato Pasty & Chips (V)	3						
SUN	500ml Semi-Skimmed milk Cereal Portion	Lorne Sausage, Burger, Potato Scone, Roll, Low Fat Spread, Fried Egg, Baked Beans, Quorn burger, Veg Sausage, Fried Egg, Beans, Potato Scone, Roll & Low Fat Spread. (V) Choice no 3: Healthy Brunch as Above (Saturday)	1	Chicken Leg & Mashed Potatoes	1	1 Packet Biscuits					
			2	Egg Salad Sandwich & Packet Crisps (V)	2						
			3	Spicy Bean Burger & Potatoes (V)	3						

WEEK 1 GREEN MENU

MENU INFORMATION
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VEGETABLES SERVED EVERY EVENING MEAL

HMP DUMFRIES 2019 VEGAN MENU WEEK 1 GREEN BEGINNING

	<u>BREAKFAST</u>	<u>LUNCH</u>	<u>TEA</u>	<u>Additional Menu Info</u>	<u>Print Name</u>
M O N	Soya Milk Cereal Portion (V)	Baked Potato & Beans <i>Homemade Soup</i>	Vegetable Casserole & Potatoes <i>Fruit</i>	1 2 3	2 x Slices of Bread Soup
T U E S	Soya Milk Cereal Portion (V)	Lentil Dahl & Rice <i>Homemade Soup</i>	Vegetable Chow Mein <i>Fruit</i>	1 2 3	2 x Slices of Bread Soup
W E D	Soya Milk Cereal Portion (V)	Peanut Butter salad sandwich <i>Homemade Soup</i>	Carrot & Raisin Pasta & Salad <i>Fruit</i>	1 2 3	2 x Slices of Bread Soup
T H U R	Soya Milk Cereal Portion (V)	Baked Potato & Hummus <i>Homemade Soup</i>	Veg Rice stir fry <i>Fruit</i>	1 2 3	2 x Slices of Bread Soup
F R I	Soya Milk Cereal Portion (V)	Baked Potato & Veg Curry <i>Homemade Soup</i>	Vegetable Risotto <i>Fruit</i>	1 2 3	2 x Slices of Bread Soup
S A T	Soya Milk	(2) Potato Scone, (2) Veg Sausage, Beans & (2) Rolls <i>Vegan Brunch</i>	Tomato & Garlic Pasta	1 2 3	2 Pieces of Fruit
S U N	Soya Milk	(2) Potato Scone, (2) Veg Sausage, Beans & (2) Rolls <i>Vegan Brunch</i>	Veg Chilli Potatoes & Veg	1 2 3	2 Pieces of Fruit

Print Name

Prisoner Number

Hall/Location (e.g. A1/3)

WEEK 1 GREEN MENU

MENU INFORMATION
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Food Allergies and Intolerances
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VEGETABLES SERVED EVERY EVENING MEAL

	BREAKFAST	LUNCH	TEA	Additional Menu Item	Print Name		
M O N	Beverage pack Soya Milk Muesli Portion (V)	Baked Potato & Curried Beans	Vegetable Sausage & Potatoes	1 2 3	1 2 3	2 x Slices of Bread Soup Prisoner Number
		Homemade Soup	Fruit	1 2 3	1 2 3	2 x Slices of Bread Soup
		Baked Potato & Curried Beans	Cauliflower & Broccoli Stir Fry	1 2 3	1 2 3	2 x Slices of Bread Soup	Hall/Location (e.g. A1/3)
T U E S	Beverage Pack Muesli Portion (V)	Homemade Soup	Fruit	1 2 3	1 2 3	2 x Slices of Bread Soup
		Baked Potato & Coronation Vegetables	Sweet & Sour Vegetables & Rice	1 2 3	1 2 3	2 x Slices of Bread Soup	WEEK 2 RED MENU
		Homemade Soup	Fruit	1 2 3	1 2 3	2 x Slices of Bread Soup	MENU INFORMATION Choose only one choice for each mealtime by putting an X in the box. Menu subject to change Due to Availability from our suppliers. DIET KEY
W E D	Beverage Pack Soya Milk Muesli Portion (V)	Sweet Chilli Vegetable Wrap	Vegetable Curry & Rice	1 2 3	1 2 3	2 x Slices of Bread Soup	(V) = VEGETARIAN DISH Diabetic Diet Prisoners should follow the recommendations of the Food Standards Agency Eat well Plate Model when selecting their Choice Food Allergies and intolerances
		Homemade Soup	Fruit	1 2 3	1 2 3	2 x Slices of Bread Soup	Before ordering please speak to Kitchen staff about your requirements
		Spicy Bean Burger Roll & Salad	Vegetable & Rice Stir Fry	1 2 3	1 2 3	2 Pieces of Fruit	VEGETABLES SERVED EVERY EVENING MEAL
F R I	Beverage Pack Soya Milk Muesli Portion (V)	Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
S A T	Soya Milk	(2) Potato Scone, (2) Veg Sausage, & (2) Rolls	Curried Vegetable & Potato Pie	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
S U N		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	
		Homemade Soup	Fruit	1 2 3	1 2 3	2 Pieces of Fruit	