

NAME:

NUMBER:

LOCATION:

HMP SHOTTS MENU

WEEK 1 YELLOW

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


W/C: 31st December 2018

| BREAKFAST | | NEW YEARS DAY | | 2nd JANUARY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|--|---|--|--|--|--|--|---|--|---|--|---|--|
| CEREAL/MILK/ROLL/JAM | | BREAKFAST | | CEREAL/MILK/ROLL/JAM | | CEREAL/MILK/ROLL/JAM | | CEREAL/MILK/ROLL/JAM | | PORRIDGE, MILK | | PORRIDGE, MILK | |
| MINISTRONE SOUP | | YOGHURT, WEETABIX | | LENTIL SOUP & ROLL | | YELLOW SPLIT PEA SOUP | | CARROT CORIANDER SOUP | | PORRIDGE, MILK | | ROLL & BOILED EGG | |
| 1 X CHILLI CHICKEN WRAP & TOSS SALAD | | 1 PT MILK, COFFEE | | TANDOORI CHICKEN WRAP with TOSSED SALAD | | BBQ SAUCE SMOKED SAUSAGE BAGUETTE | | SMOKED MACKEREL with CORONATION PASTA MAYO SALAD TRAY | | BROCCOLI CHEESE & EGG BAKE ONE POT with BAKED POTATO | | 2 X CORN ON COB with ONE POT SIDE SALAD | |
| 1 LF | | 1 | | 1 | | 1 LF | | 1 LF | | 1 V/LF | | 1 LF | |
| PENNE PASTA BOLOGNAISE with TOSSED SALAD | | SOFTIE ROLL POT SCONE & 2 X VEG SAUSAGE | | BAP ROLL LINK LORNE BACON BLACK PUDDING POT SCONE & 2 X BROWN SAUCE | | BAKED POTATO CHEESE & PICKLE | | SPICY CHICKEN PIZZA SLICE | | 2 X ROLLS GRATED CHEESE FOIL TUNA MAYO TUB CRISPS/BANANA | | 1 X ROLL OMELETTE LORNE SAUSAGE BLACK PUDDING & BACON | |
| 2 | | 2 | | 2 | | 2 | | 2 V | | 2 | | 2 | |
| 1 X CHEESE WRAP WITH SALAD CREAM & TOSSED SALAD | | CHICKEN BREAST with GRAVY | | BAP ROLL VEG SAUSAGE QUORN SAUSAGE 2 X HASH BROWNS POT SCONE & 2 X BROWN SAUCE | | SWEET & SOUR VEG ONE POT with BAKED POTATO | | TOMATO & PEPPER PIZZA SLICE | | TOMATO GARLIC VEG ONE-POT with BAKED POTATO CRISPS/BANANA | | 1 X ROLL OMELETTE HASH BROWN QUORN & VEG SAUSAGE | |
| 3 V/LF | | 1 | | 3 V | | 3 V | | 3 V | | 3 V | | 3 V | |
| 1/2 PINT MILK | | PEAS & SWEETCORN FRENCH FRIES FIZZY JUICE | | 1/2 PINT MILK | | 1/2 PINT MILK | | 1/2 PINT MILK | | BROTH SOUP & ROLL | | BAKED BEANS | |
| 1 | | 2 | | 1 | | 1 | | 1 | | 2 | | 2 | |
| FRUIT JUICE | | RASPBERRY CORNETTO NEW YEAR TEA | | BAKED BEANS | | MIXED VEG | | BAKED BEANS | | TOSSED SALAD | | BAKED BEANS | |
| 2 | | 1 | | 2 | | 2 | | 2 | | 1 LF | | 1 | |
| STEAK & SAUSAGE PIE with BUTTERED BABY BOILERS | | BRAISED BEEF STEAK with CHASSEUR SAUCE | | BATTERED CHICKEN BURGER with CHIPS | | CHILLI CON CARNIE with BOILED RICE | | Ind SCOTCH PIE with CHIPS | | LENTIL & BEEF COTTAGE PIE ONE-POT & CHIPS | | ROAST TURKEY with CHEESEY MAYO PASTA SALAD TRAY | |
| 1 LF | | 1 | | 1 | | 1 LF | | 1 | | 1 LF | | 1 | |
| GAMMON STEAK with BUTTERED BABY BOILERS | | LEEK FONDLE & MUSTARD SEED TART | | SAUSAGE ROLL with CHIPS | | PORK CHOP with ROAST POTATOES | | BAKED FISH & CHIPPED POTATOES | | BREADED 1/4lb CHICKEN BURGER with CHIPS | | BEEF CHASSEUR with BABY BOILERS & BRUSSELL SPROUTS | |
| 2 LF | | 2 | | 2 | | 2 | | 2 | | 2 LF | | 2 | |
| VEG KIEV with BUTTERED BABY BOILERS | | BABY BOILERS MASHED POTATOES BUTTERED GREEN BEANS & CARROTS | | QUORN 1/4 BURGER with CHIPS | | COUNTRY VEGETABLE STEW ONE POT with RICE | | BEAN BURGER with CHIPS | | 2 X VEG SPRING ROLLS SPICY SAUCE & CHIPS | | VEG RAVIOLI BABY BOILERS & BRUSSELL SPROUTS | |
| 3 V/LF | | 3 | | 3 V | | 3 V/LF | | 3 V | | 3 V/LF | | 3 V | |
| IRN BRU SEASONAL FRUIT Ind TRIFLE & SHORTBREAD | | CHOCOLATE FUDGE CAKE with POURING CREAM & MELON BOAT | | ICE CREAM STICK | | YOGHURT | | CHOCOLATE BUTTER CREAM SPONGE | | ICE LOLLY & BISCUIT PACK | | JAM DOUGHNUT & FRUIT JUICE | |
| 1 | | 2 | | 1 | | 1 | | 1 | | 1 | | 1 | |
| 2 | | 2 | | 2 | | 2 | | 2 | | 2 | | 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:

LOCATION:

HMP SHOTTS MENU

WEEK 3 RED

"V" DENOTES VEGETARIAN CHOICE



W/C: 24th December 2018

| | CHRISTMAS EVE | XMAS BREAKFAST | BOXING DAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|---|--|---|---|---|---|
| BREAKFAST | CEREAL/MILK/ROLL/JAM GREEN PEA SOUP & ROLL | YOGHURT, WETTABIX 1 PT MILK, COFFEE | CEREAL/MILK/ROLL/JAM SCOTCH BROTH | CEREAL/MILK/ROLL/JAM YELLOW PEA SOUP & ROLL | CEREAL/MILK/ROLL/JAM CARROT & CORN & ROLL | PORRIDGE, MILK, ROLL & BOILED EGG | PORRIDGE, MILK, ROLL & BOILED EGG |
| SOUP | GARLIC MAYO CHICKEN WRAP & TOSS SALAD | SOFTIE ROLL, POT SCONE, STEAK LORNE SAUSAGE | CAJUN CHICKEN WRAP with TOSSSED SALAD | 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 |
| L | HAM & MUSHROOM CARBONARA PENNE PASTA with TOSSSED SALAD | SOFTIE ROLL, POT SCONE, STEAK LORNE SAUSAGE P/SCONE 2 x VEG SAUSAGE | BAP ROLL LINK LORNE BACON BLACK PUDDING POT SCONE & BEANS | MEXICAN MINCE with BAKED POTATO | PEPPERONI PIZZA SLICE | 2 X ROLLS GRATED CHEESE ROLL 2 X CHOPPED PORK CRISPS/BANANA | 1 X ROLL POT SCONE STEAK LORNE BLACK PUDDING & BACON |
| U | CHEESE WRAP WITH SALAD CREAM & TOSS SALAD | PLATTER with TURKEY, HONEY ROAST HAM & ROAST BEEF | BAP ROLL VEG SAUSAGE QUORN SAUSAGE 2 X HASH BROWNS POT SCONE & BEANS | MEXICAN SOYA MINCE ONE POT with BAKED POTATO | CHEESE & ONION PIZZA | CAULIFLOWER CHEESE with BAKED POTATO CRISPS/BANANA | 1 X ROLL POT SCONE HASH BROWN QUORN & VEG SAUSAGE |
| N | 1/2 PINT MILK | BREADED GOUJONS | 1/2 PINT MILK | 1/2 PINT MILK | 1/2 PINT MILK | BROTH SOUP & ROLL | PLUM TOMATOES |
| C | FRUIT JUICE | WINTER VEGETABLE COLESLAW, FRENCH FRIES, FIZZY JUICE | FRUIT JUICE | FRUIT JUICE | FRUIT JUICE | KEBBE TOSSSED SALAD | LENTIL SOUP & ROLL |
| H | BAKED BEANS | CHOCOLATE CORNETTO XMAS TEA | PEAS / SWEETCORN | GREEN BEANS | COLESLAW | FISH POTATO & LEEK PIE ONE POT | ROAST PORK with HONEY & MUSTARD SALAD TRAY |
| V | 5 x CHICKEN GOUJONS with SESAME BUN FRENCH FRIES & RELISH | HALF ROAST CHICKEN with GRAVY BACON OLIVE & XMAS STUFFING MUSHROOM BRIE HAZELNUT & CRANBERRY PUFF XMAS STUFFING & GRILLED TOMATO CREAMED & SAUTE POTS BRUSSEL SPROUTS & VICHY CARROTS | BREADED CHICKEN BURGER with CHIPS | ITALIANE MEATBALLS with PASTA SHELLS | Ind BLACK PUDDING & BEAN PIE with CHIPPED POTATOES | KEBAB MEAT WRAP with CHIPS & SAUCE | STEAK PIE with BABY BOILED POTATOES & MUSHY PEAS |
| T | BEEF STEAK BURGER with SESAME BUN FRENCH FRIES & RELISH | 1 | 2 | 2 | 2 | 2 | 2 |
| E | 2 x BREADED BURGERS with SESAME BUN FRENCH FRIES & RELISH | 2 | 2 | 2 | 2 | 2 | 2 |
| A | 3 | 2 | 3 | 3 | 3 | 3 | 3 |
| SWEET | MINCE PIE CUSTARD FIZZY JUICE & PINEAPPLE | CHOCOLATE GATEAUX with POURING CREAM, SEASONAL FRUIT | ICE CREAM STICK FRUIT | YOGHURT FRUIT | CREAM PAN AU CHOCOLATE FRUIT | FLAVOURED ICE STICK & BISCUIT PACK | CHOCOLATE ICED RING DOUGHNUT & FRUIT JUICE |

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