

Weekly Menu Planner - HMP La Moye

Week date: 18/07/2016, Week No: 29/2016 Cycle No: 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Soup				
B	Soup Leek & Potato	Soup-Vegetable Ministrone	Soup-Lentil Broth	Soup Vegetable Thick	Soup-Tomato	Fruit	Dessert-chefs choice
			Lunch Main				
1	Pork Loin Steak	Grilled Pork Sausages	Chicken in Garlic and Herbs, spaghetti in tomato sauce	Steak and kidney pie	BATTERED FISH	Full Brunch	Roast Chicken
2	Corn beef & vegetable slice	Braised Liver & Onions	Spaghetti bolognaise	Spanish Omelette Slice	Battered Sausage	Full Veggie Brunch with soya sausage & Bean burger	Baked Veggie loaf
3	Mixed Veg & Bean Pancake	Cheese and onion pasty	Veggie soya Bolognaise	Cauliflower Cheese	Vegetable & Chic pea lattice slice		
4	Cheese Ploughman's	Salad Egg	Corn Beef Salad	Flaked Tuna Ni/Quoise salad	Ham salad		
5	Chicken & garlic Mayo on brown, Crisps & Fruit	Roast Beef & tom on whole grain bap, Crisp & Fruit	Egg & Bacon on White, Crisps & Fruit	Garlic Sausage on Brown, Crisps & Fruit	Cheese & Onion Baguette, Crisps & Fruit		
			Lunch Vegetables				
A	Diced Pots, & Green Beans	Mash pots & Whole baby carrots	Garlic bread	Boiled Pots, Mixed Veg	Chips & Mushy Peas		Roast Pots, brussel sprouts & Carrots
			Tea Main				
1	Beef Chilli	Southern fried Chicken	Cheeseburger on 5" Floured Bap	Pork Casserole	BBQ Chicken	Ham on whole grain bap	Tuna Wrap
2	Fish Kedgeree	Baked fish and Garlic butter	Breaded fish Goujons	Steamed Fillet of Fish in tomato source	Tuna Mayo Jacket Pot	Salad Bap served with spicy salsa	Grated Cheese bap
3	Vegi Soya Chilli	Roasted mixed veg provençal	Veggie Bean Burger on 5" floured bap	Lentil Dahl	Cheese Jacket Pot	Coronation chicken Wraps	Corned Beef On whole grain bap
4	Ham & Lettuce on 5" Bap, Crisps & Fruit	Chopped pork roll & pickle on Brown, Crisps & Fruit	Tuna on whole grain bap, crisps & fruit	Egg On 5" Bap Crisps & Fruit	Sweet Chilli Chicken Wrap, Crisps & Fruit		
5	Muesli	BRAN FLAKES	Muesli	BRAN FLAKES	Muesli	BRAN FLAKES	Muesli
			Tea Vegetables				
A	Savoury Turmeric Rice	Croquette Potato Garden peas	Pot Spicy Wedges & Beans	Rice & Peas	Jacket Pot & Coleslaw		
			Tea Sweets				
C	Dessert-chefs choice	Dessert-chefs choice	Dessert-chefs choice	Dessert-chefs choice	Dessert-chefs choice	Crisps, fruit & snack item, Soup of the day	Crisps, fruit & snack item, Soup of the day
D	Braeburn Apple	ORANGE	Braeburn Apple	ORANGE	Braeburn Apple		