Menu Form

Cell: **B-1-002**

No: A8759EP

Name: Joe Bloggs

Week Date: 12/02/2023

HMP Frankland Menu: Normal Week No: 1

Allergens:

1-Gluten, 2-Crustaceans, 3-Molluscs, 4-Eggs, 5-Fish, 6-Peanuts, 7-Tree Nuts, 8-Soybeans, 9-Milk, 10-Celery, 11-Mustard, 12-Sesame, 13-Lupin, 14-Sulphite.

Lifestyle: HALAL= ← Healthy Option= ♥ VEGAN= ♥ Vegetarian= ▼ Food Type: Beef= ™ Fish= Pork= Poultry= ♥

Please Note: If you are Lactose Intolerant avoid Allergen 9, if Coeliac avoid Allergen 1

PLEASE DO NOT STAPLE

			Lunch	Х	Calories	Fat	Saturates	Sugar	Salt	Protein	Carbs	Allergens	Life Style		Туре
	Select 1	_	VEGETABLE KIEV		338	10.4	2.0	3.2	1.3	4.6	56.8	1.9.	e	V. 🧡	
			VEGAN VEGETABLE PIE CHICKEN LEG	H	408 540	4.0	3.0	11.9 0.5	0.8	25.3	63.7 5.0	1.8.	e %	∀ . ♥	>
	-		HALAL CHICKEN & MUSHROOM PIE	H	283	14.6	6.6	0.5	4.9 1.4	111.5 8.8	29.3	1.9.	e		P
₩	-		ROAST BEEF SLICE AND YORKSHIRE		434	13.4	2.6	2.5	0.8	36.9	40.0	1.4.9.			
nda		6													/
Sunday		7													
	Select 1		BOILED RICE	H	270	1.7	0.4	0.3	0.0	5.6	57.8		e \$	∀ . ♥	
	Select 1	-	ROAST POTATOES COFFEE	+	498 56	34.9 0.0	5.8 0.0	0.0	0.2	4.8 11.0	37.5 3.4		e \$	V. ♥	 7
	-		ORANGE	+	104	0.0	0.0	23.8	0.2	3.1	23.8		e \$		
	-		LEMON DRIZZLE CAKE		263	13.5	1.3	16.0	0.1	2.9	31.6	1.4.9.	e	٧.	
	Select 1	1	FISH CAKE SANDWICH		567	6.8	0.8	6.4	1.8	30.2	95.4	1.5.12.	G	٧.	
		2	VEGAN BEETROOT SALAD BOX		471	46.0	6.6	8.1	1.1	2.3	11.7	14.	8	-	
1			HAM AND TOMATO SANDWICH		283	5.0	2.0	4.1	3.2	26.5	34.2	1.8.		•	
			HALAL SAUSAGE & BUN	므	243	1.7	0.3	3.8	0.9	8.8	46.9	1.8.12.14.	c ·		₩
Monday			CHEESE & TOMATO SANDWICH		450	35.0	21.7	0.2	1.8	26.4	7.2	1.9.	G	V.	
ŭ	-	6													— /
	Select 1	7 Δ	COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		e \$	V. 🧡	
	-		APPLE	H	235	0.0	0.0	59.0	0.2	2.0	59.0		C \$		
	Select 1	_	MUSHROOM SOUP		355	5.3	2.5	27.0	7.4	7.9	67.9	1.4.8.9.10.11.14.	e v	V. •	
	-		CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e	V.	— ,
	_	Е	LYONS BISCUIT		170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	e	-	
	Select 1		VEGETABLE CURRY + NAAN		564	29.2	2.0	11.8	30.6	27.8	60.6	1.8.9.10.11.	e 8	V. 🧡	
		_	VEGAN RICE SALAD BOX		567	5.8	0.3	64.9	1.9	33.6	90.6	14.	c %	V. 🧡	<i>T</i>
		_	BEEF SANDWICH	무	451	11.2	4.2	3.9	5.0	53.1	33.5	1.8.	-		
· >	-		HALAL CHILLI CHICKEN WRAP	-	109	2.1	0.6	3.7	0.8	16.9	6.2	1.10.11.	e e	~	
Tuesday	-	5	CURRY NOODLES		367	13.3	6.2	1.8	3.2	8.8	53.0	1.6.11.	Ć.		— /
es	-	7													— ,
₽,	Select 1		COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		c \$	V. 🧡	
	-	В	APPLE		235	0.5	0.0	59.0	0.2	2.0	59.0		e \$	V. •	
j .	Select 1	С	VEGETABLE SOUP		357	18.4	5.7	10.3	35.0	5.1	41.2	1.4.8.9.10.11.14.	e 8	V. 🧡	
l.		D	CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e	∨.	
·——		-	LYONS BISCUIT		170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	e	-	
	Select 1	_	TUNA PASTA SALAD	ᆜ	536	14.2	1.3	10.1	1.3	18.1	80.8	1.4.5.8.9.10.11.14.		V.	
	-		JACKET POTATO AND FIVE BEAN ST	\vdash	234	7.5	1.2	16.7	0.1	14.4	29.5	4.0	8		— <i> </i>
I	-		PORK SANDWICH	+	173 355	25.8 21.7	7.2	4.2 0.8	6.7	5.9 8.5	35.0	1.8. 1.9.			₩
day	-		CHICKEN AND MUSHROOM SLICE SAVOURY CHEESE SARNIE	+	355 664	21.7 34.9	7.2 18.7	<u>0.8</u> 4.3	1.3 2.8	8.5 28.9	31.6 58.2	1.9. 1.4.8.9.10.11.14.	e	V.	- 9
es	-	6	SAVOURT CHELGE CANNIE		00-	Ú4.0	10.7	4.0	۷.٠	20.0	∪.∠	1.4.0.3.10.11		٧.	— y
Wednesday	-	7													
\$ 5	Select 1	Α	COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		e 8	V. 🧡	
	_		ORANGE		104	0.3	0.3	23.8	0.0	3.1	23.8		e 9		
	Select 1		TOMATO & BASIL SOUP		387	6.0	0.4	2.9	0.2	21.6	31.4	1.4.8.9.10.11.14.	e.	٧.	/
i .		_	CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e	V	/
l —	Select 1	$\overline{}$	LYONS BISCUIT	-	170	9.5	5.5 0.7	11.6	0.1	1.7	19.1	1.7.8.9.	e e	V	
ŀ	/BIEG		CHEESE SANDWICH HUMMUS & SALAD & WRAP	+	179 742	1.9	0.7	3.5 74.6	0.7	6.4 45.6	33.1 102.2	1.8.9. 1 14	e %	V. ♥ V. ♥	
l ·	-		STEAK SLICE	H	742 373	16.6 23.7	1.8 7.9	74.6 0.7	1.4 1.3	45.6 7.9	32.0	1.14. 1.11.	-	V .	— y
	-		ITALIAN PIZZA BAGUETTE	H	3/3	1.7	0.3	0.7	1.5	10.6	64.1	1.11. 1.9.12.	e	V. 🧡	,——
ay	-		TURKEY AND STUFFING SANDWICH	青	401	11.6	4.0	3.6	1.3	26.5	46.1	1.8.9.		V .	₩
Thursday	-	6	10.000												
2	_	7													
F	Select 1		COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		c %	V. •	
ı.	.,-		ORANGE		104	0.3	0.3	23.8	0.0	3.1	23.8		e \$		
	Select 1		LEEK SOUP	4	360	6.1	3.0	27.1	6.7	7.5	67.4	1.4.8.9.10.11.14.	e	V.	
	-		CRISPS	H	517 170	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e e	∀ .	
	Select 1		LYONS BISCUIT SWEET POTATO CURRY WITH NAAN	+	170 600	9.5 4.8	5.5 2.0	11.6 10.3	0.1 1.2	1.7 8.3	19.1 116.4	1.7.8.9. 1.10.11.	c %	V. •	
	-	_	VEGAN STIR FRY	+	373	2.3	0.2	15.2	0.1	8.3 59.1	24.4	1.10.11. 8.	e \$		
	-		BATTERED FISH		518	19.5	2.0	1.3	2.0	30.4	51.5	o. 1.5.	e v	V.	— ,
	-		HALAL BEEF CHILLI		698	65.1	14.3	18.3	1.5	10.0	23.1	1.10.11.	G	•	
>			PACKED MEAL, CHEESE		452	22.3	13.3	2.6	1.9	23.2	38.6	9.	e	V. 💙	
Friday		6													
i E	_	7													
۱. *	Select 1		BOILED RICE		270	1.7	0.4	0.3	0.0	5.6	57.8		e %	V. 🧡	
١٠ ,	1		CHIPS	4	473	47.1	8.5	0.3	0.0	1.1	10.5		C 9		
	Select 1		COFFEE	+	56 104	0.0	0.0	0.0	0.2	11.0	3.4		C \$		
	-		ORANGE UHT YOGHURT	+	104 154	0.3	0.3	23.8 26.0	0.0	3.1 6.0	23.8 32.0	9.	e ₹	V. •	
	Select 1		VEGETABLE SAUSAGES X 2 WITH BR	+	154 149	3.6	0.0	3.6	1.6	18.2	8.0	9. 1.8.	e \$		
	-		VEGETABLE SAUSAGES X 2 WITH BR	一	149	3.4	0.4	3.5	1.6	18.2	7.6	1.8.	e \$		
· ·	-		BREADED CHICKEN BURGER		245	17.7	5.2	1.9	1.1	11.3	10.6	1.14.		-	by
ľ	-		HALAL BEEF BURGER AND BREAD BU		248	1.8	0.4	3.8	0.9	9.0	47.5	1.8.12.	G		
Jay			COLESLAW		40	2.2	0.2	3.5	0.2	0.5	4.8	1.4.8.9.10.11.14.	e.	V.	
Saturday		6													
atı		7		_											
. (0)	Select 1		JACKET POTATO	4	150	0.4	0.0	1.2	0.0	4.2	34.4	4 40 44	e 9		
١٠ ,	Select 1		WEDGES	+	166 56	4.3 0.0	0.6	1.1	1.4 0.2	3.8 11.0	29.3 3.4	1.10.11.	e \$		
ŀ	iBibu.		COFFEE APPLE	+	56 235	0.0	0.0	0.0 59.0	0.2 0.1	11.0 2.0	3.4 59.0		e \$		
	-		MUFFIN	+	188	9.9	0.0	11.1	0.1	2.6	21.7	1.4.8.9.	e v	V. V.	
			MOLL II.		100	0.0		11111	0.0			1.1.0.0.			

			Теа	Х	Calories	Fat	Saturates	Sugar	Salt	Protein	Carbs	Allergens	Life Style		Туре
	Select 1	1	VEG COUS COUS SALAD		210	4.7	0.8	2.6	0.2	8.8	28.4	1.10.	e 8	V. 🧡	
			VEGAN CHEESE SALAD WRAP		139	5.8	4.5	12.9	1.3	4.0	18.7	1.	e 8	V. 🧡	
			TURKEY AND TOMATO SANDWICH		495	5.5	0.5	10.9	2.2	19.3	96.7	1.8.9.12.			b
			CHEESE SANDWICH		179	1.9	0.7	3.5	0.7	6.4	33.1	1.8.9.	e e	V. 💙	
Sunday		6	CHICKEN NOODLES		367	13.3	6.2	1.8	3.2	8.8	53.0	1.11.	e	•	9
		7													
· w	Select 1	Α	SQUASH STIX APPLE & BLACKCURAN		43	0.0	0.0	6.2	0.0	0.2	6.4		e 8	V. 🧡	
	Calant		CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e e	٧.	
	Select		APPLE	H	56 235	0.0	0.0	0.0 59.0	0.2	11.0 2.0	3.4 59.0		e \$	∀ . ♥	
			LYONS BISCUIT		170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	e	•	
/	Select 1		VEGAN MEXICAN BEAN ROLL		188	11.2	0.8	1.2	0.2	8.9	16.9	1.10.11.	e 8	V.	
			VEGAN PASTA BAKE		185	0.8	0.2	2.1	0.1	8.7	33.8	1.			
			CORNED BEEF CRISP BAKE		308	21.7	7.8	0.4	0.6	7.9	20.0	1.			• •
			HALAL CHICKEN CURRY	H	434 228	12.2	6.3 0.3	8.4 2.7	6.0 0.8	37.1 9.3	45.8 42.1	1.11.	e	•	by
Monday		6	PACKED MEAL, TUNA		220	1.9	0.3	2.1	0.0	9.3	42.1	1.12.			
<u> </u>		7													
2	Select 1		BOILED RICE		270	1.7	0.4	0.3	0.0	5.6	57.8		e 8	V. 🧡	
			NEW POTATOES		113	0.3	0.0	0.9	0.0	3.2	25.8		c 🖇	V. 🧡	
	Select 1		COFFEE		_56	0.0	0.0	0.0	0.2	11.0	3.4		e \$	V. •	
			ORANGE RICE PUDDING	\mathbb{H}	104	0.3 8.7	0.3	23.8 5.6	0.0	3.1 1.9	23.8		e %	✓.✓.✓.	
	Select 1		VEGETABLE BURGER	H	173 276	12.2	5.5 1.0	3.8	0.2	6.7	33.3	9. 1.	e \$	V. •	
		_ '	VEGAN CHILLI		315	7.1	1.2	18.0	0.1	15.9	50.0	1.10.11.	e 9	V. •	
			BEEF HOTPOT		375	17.0	6.6	2.8	1.1	15.6	38.7	1.8.10.			
			HALAL LAMB GOULASH		560	9.1	1.5	25.2	0.3	26.7	96.9		G	•	
g)		_	PACKED MEAL, TUNA		270	1.9	0.4	2.6	1.4	23.0	39.3	1.5.	G	•	
Tuesday		<u>6</u> 7													
- ₽	Select 1		BOILED RICE		270	1.7	0.4	0.3	0.0	5.6	57.8		e 8	V. 🧡	
			POTATO WAFFLES		4	0.2	0.0	0.0	0.0	0.1	0.5	1.4.9.	e 8	•	
	Select 1	С	COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		c ş	V. 🧡	
A)			ORANGE		104	0.3	0.3	23.8	0.0	3.1	23.8		c %	∀ . ♥	
	Salast 1		APPLE CRUMBLE WITH CUSTARD.	Н	752	22.8	8.7	69.8	1.1	8.1	125.9	1.9.	e	1.7	
	Select		SQUASH & SPINACH CURRY VEGETABLE GOULASH	H	0 365	0.0 15.5	0.0 4.2	0.0 23.9	0.0 1.3	0.0 14.6	0.0 45.5	1.	e \$	V. ♥	
			SCOTCH PIE	H	493	27.8	12.0	4.2	2.8	18.8	40.5	1.14.	- v	V .	
			HALAL BEEF ITALIENNE		367	11.5	6.2	6.2	1.1	15.9	59.7	1.8.9.	e		
gg		5	PACKED MEAL, CHEESE		452	22.3	13.3	2.6	1.9	23.2	38.6	9.	G	V. 🧡	
. e		_6													
Wednesday	Select 1	7	BOILED RICE		270	1.7	0.4	0.3	0.0	5.6	57.8		e 9	V. 🧡	
· >			ROAST POTATOES	H	498	34.9	5.8	1.0	0.0	4.8	37.5		c %	V.	
	Select 1		COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		e 8	V. 🤝	
		D	APPLE		235	0.5	0.0	59.0	0.1	2.0	59.0		e 8	V. 🧡	
			GENOA CAKE		260	13.0	1.1	17.1	0.1	2.9	32.1	1.4.9.	C.	٧.	
	Select 1		SWEET & SOUR VEGETABLES		181	3.8	0.5	9.8	1.0	1.0	34.9				
			SWEET POTATO ROULADE CHICKEN CHASSEUR	H	40	0.0	0.0	0.1	0.0 1.0	0.1 3.2	1.0 6.3	1.		•	by
			FISH IN A MEDITERAINIAN SAUCE	Н	7	0.3	0.2	0.0	0.0	0.4	0.8	1.5.9.	e	•	7
]a			PACKED MEAL COTTAGE CHEESE		289	2.9	1.7	2.2	0.2	10.8	54.4	1.9.		-	
ĪS		6													
Thursday	Select 1	7	BOILED RICE		270	17	0.4	0.2	0.0	5.6	57 O		e 9	V. 🧡	
•			NEW POTATOES	H	270 113	1.7 0.3	0.4	0.3	0.0	5.6 3.2	57.8 25.8		c \$	V. •	
•	Select 1	_	COFFEE		56	0.0	0.0	0.0	0.2	11.0	3.4		c 8	V. •	
_		D	APPLE		235	0.5	0.0	59.0	0.1	2.0	59.0		e 8	V. 🧡	
	Cel- 1		CHOCOLATE AND BLACKCURRANT CAK	무	265	10.0	0.9	24.1	0.8	5.6	37.7	1.4.8.9.	e e	V	
	select 1		HUMMUS & SALAD	⊢	739	16.5	1.8	74.5	1.4	45.5	101.7	14. 1.8.	e \$	∀ . ♥	
			VEGETABLE SAUSAGES X 2 SALAD B CORNED BEEF SANDWICH	H	146 381	3.6 11.3	0.4 4.3	3.6 5.0	1.6 2.7	18.1 34.0	7.3 34.7	1.8. 1.8.		v .	
·			TUNA AND CUCUMBER SANDWICH		458	3.4	0.8	4.0	2.7	58.5	46.8	1.4.5.8.9.10.11.12.14	e	-	
			HAM & PICKLE SARNIE		359	8.3	2.7	2.5	2.2	13.8	56.0	1.6.7.8.9.12.14.		•	
Friday		_6													
ıŒ	Select 1	7	COFFEE			0.0	0.0	0.0	0.0	44.0	2.4		e 9	V. 🧡	
			APPLE	H	56 235	0.0	0.0	0.0 59.0	0.2	11.0 2.0	3.4 59.0		c %	V. •	
	Select 1		SQUASH STIX APPLE & BLACKCURAN		43	0.0	0.0	6.2	0.0	0.2	6.4		e 8	V. 🧡	
			CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e	V .	
			LYONS BISCUIT		170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	C.	•	
	Select 1		CHEESE SANDWICH	Н	179	1.9	0.7	3.5	0.7	6.4	33.1	1.8.9.	e a	V. •	
			INDIAN COUS COUS SALAD BOX TURKEY SANDWICH	+	346 401	22.2 11.6	9.9 4.0	2.1 3.6	1.1 1.3	7.9 26.5	29.7 46.1	1.8.9.14. 1.8.9.	\$	•	>
			TUNA CRUNCH SANDWICH	H	357	8.5	1.0	8.1	2.9	26.8	41.2	1.4.5.8.9.10.11.14.	e	V.	7
ay			TOMATO NOODLES		367	13.3	6.2	1.8	8.1	8.8	53.0	1.8.9.10.11.	e 8	V. 🧡	
		6													
	6.1	7											_ 4		
	Select 1		SQUASH STIX ORANGE	H	140	0.3	0.0	9.5	0.0	0.8	9.5		e \$	∀ . ♥	
	Select 1	_	ORANGE COFFEE	+	104 56	0.3	0.3	23.8 0.0	0.0	3.1 11.0	23.8 3.4		e \$	V. •	
			CRISPS		517	30.0	2.4	1.3	3.3	6.1	54.0	1.8.9.10.11.	e v	V.	
			LYONS BISCUIT		170	9.5	5.5	11.6	0.1	1.7	19.1	1.7.8.9.	e.	-	
Bre	ead		☐ White ☐ Mu	lti			☐ Br	own							
٥.,٠			Mu												