

H.M. Penitentiary Menu

Week 2

<u><i>Sunday</i></u>	<u><i>Monday</i></u>	<u><i>Tuesday</i></u>	<u><i>Wednesday</i></u>	<u><i>Thursday</i></u>	<u><i>Friday</i></u>	<u><i>Saturday</i></u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Ham And Cheese Multigrain Bagel Cream of Wheat (175ml) 100% Fruit Juice (125ml) Yogurt (175g) Fresh Fruit 2% Milk (250ml)	1 Cheese Omelette Gardenia Cereal(30g) with 2% Milk (250ml) 1 White Or Whole Wheat Toast 100% Fruit Juice(125ml) Fresh Fruit	Scrambled Eggs(125ml) Raisin Bran (30g)With 250ml 2% Milk 1 Slice White Or Whole Wheat Toast 100% Fruit Juice Fresh Fruit	2 Slices Of White Or Whole Wheat French Toast 1 Slice Ham Corn Flakes (30g) With 250ml 2% Milk 100% Fruit Juice (125ml) Fresh Fruit	Ham Frittata 1 slice Multigrain Toast 1 Carrot Muffin 100% Fruit Juice (125ml) Yogurt(175g) Fresh Fruit 2% Milk (250ml)	2 Boiled Eggs Corn Flakes Cereal(30g) With 250ml 2% Milk 1 Slice White Or Whole Wheat Toast 100% Fruit Juice (125ml) Fresh Fruit	2 Slices bacon Scrambled Eggs (125ml) 2 Slice White Or Whole Wheat Toast 100% Fruit Juice(125ml) Fresh Fruit 2% Milk (250ml)
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Roast Beef 75G Mashed Potato, Carrot, Green Peas (125ml each) Gravy 2% Milk(250ml) Fresh Fruit	Chicken Quesadilla Baked Fries Corn(125ml) Tin Fruit(125ml) 2% Milk(250ml)	2 Fish Cakes Oven Roasted Potatoes Green Peas(125ml) Diced Carrot(125ml) Fresh Fruit 2% Milk(250ml)	Grilled Chicken Burger With Mayo, Lettuce, And Tomato (75g) Coleslaw (125ml) Green Salad (250ml) 2% Milk(250ml) Fresh Fruit	Grilled Chicken Pita Coleslaw Fresh Fruit 2% Milk(250ml)	Hot Beef Hoagie on whole Wheat Bun 1 Cup Mixed Vegetables Fresh Fruit 2% Milk(250ml)	Vegetable Beef Soup(250ml) Grilled Cheese on White or Whole Wheat Bread Fresh Fruit 2% Milk(250ml)
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey, Ham And Cheese Sub Sandwich With Lettuce And Tomato Tomato Soup(250ml) Fresh Fruit Dessert 2% Milk (250ml)	Spaghetti(250ml) Meat Sauce(125ml) 1 Slice White Or Whole Wheat Garlic Bread Garden Salad (250ml) Minestrone Soup 250ml) Fresh Fruit Dessert 2% Milk(250ml)	Honey Garlic Chicken (100g) On Egg Noodles (250ml) Broccoli(125ml) Chunky Vegetable Soup (250ml) Fresh Fruit Dessert 2% Milk(250ml)	Hot Beef Sandwich (100g) Mashed potato with Gravy Sautéed peppers Turkey with Rice soup (250ml) Fresh Fruit Dessert 2% Milk(250ml)	Sheppard's Pie Mixed Vegetables(125ml) Fresh Fruit Cream of Tomato Soup (250ml) Fresh Fruit Dessert 2% Milk(250ml)	1 Piece Fish &Chips (100g) Dressing And Gravy Green Peas(125ml) Chunky Vegetable Soup(250ml) Fresh Fruit Dessert 2% Milk(250ml)	1 Slice Baked Ham (100g) Scalloped Potatoes Diced Turnip (125ml) Diced Carrot(125ml) Beef and Barley Soup (250ml) Fresh Fruit Dessert 2% Milk(250ml)

Individual packs of the following available:

Breakfast: Peanut butter, jam. Lunch: mustard, ketchup, mayonnaise, salad dressings. Dinner: crackers