

CHAPTER 6 - MENU POLICY AND FOOD INPUT STANDARDS

0601. **Introduction.** This Chapter directs the method by which Service personnel receive a well balanced and consistent standard of messing under CRL. Through the provision of the Core Meal a minimum set of specifications are mandated to provide the Core Offer. The availability of appetising and good value retail offers to enhance the overall food service is encouraged to attract all members of the wider Defence Community. Single Services may elect to explore the provision of a commercially viable menu offer alternative that satisfies its own consumer base, crown expenditure for free feeding personnel and nutritional requirements for entitled personnel.

0602. **Entitlement.** All HM Service personnel (irrespective of personal status category) are entitled to receive the core meal at the Casual Meal Entitlement Rate, which will be set at the same rate as the DFC. For all other personnel CRL charges apply (even if the Core Meal is chosen).

0603. **The Menu Offer (Retail & Core).** The Menu Offer will primarily consist of main, light and snack meals. The menus and pricing structure for the Menu Offer are to be set by the Contractor and presented to Authority staffs for comment prior to implementation.

0604. **Healthy Eating/Nutritional Requirements.** It is a requirement of the MOD that all Service personnel are to have ready access to nutritionally balanced and healthy food at each establishment. In order to achieve this, the regulations laid down in JSP 456 Vol 1 Chapter 4 are to be adhered to by both Service and Contractors staff. Combined with the Menu Planning advice in JSP 456 Vol 1 Ch 5, this will serve to ensure that there is a choice of suitable meals available during the agreed core hours (core hours are laid down in the MAC or unit contract).

0605. **The Core Offer.** The Core Meal shall be available during agreed core hours. The Core Meal content will make available a balanced diet, when taken in full, and its content will be adjusted to reflect the role or activity of the unit. The Core Meal will provide as a minimum: a 6 item breakfast, a lunch and a 3-course dinner based on the current Service menu policies.

- a. **Vegetarian Option.** The cyclic Core Meal Range is to include a named vegetarian option for each meal day which shall be available on demand in addition to the number of core choices and may be call-order.
- b. **Catering for Diversity.** In accordance with JSP 456 Vol 1 Chapter 5, provision must be made for all personnel irrespective of gender, race, religious belief, medical requirements and lifestyle choices. These are to be available on demand if no requirement exists to prepare such meals on a daily basis and, as with the vegetarian option, they must be considered in advance to prevent repetition.
- c. **Portion Size.** Weights and portion sizes shall, as a minimum, reflect the recipes in the JSP 404/Ceserani & Kinton. Potatoes and vegetables shall be on a self-help basis when purchasing the protein item(s). This does not include a right to use additional plates or return to the servery for 'second helpings'. Local food services staffs are to ensure this entitlement is not abused.
- d. **Healthier Options.** As noted above, the guidance in JSP 456 Vol 1 Chapter 4 is to be followed in the production of meals. This includes the use of low-sugar and low-salt alternatives and the provision of artificial sweeteners and semi-skimmed milk.
- e. **Suitable sauces to accompany each dish and condiments shall be made available.**

RAF Only: The RAF does not operate a separate core meal offer but will ensure that RAF Units receive menus that encompass choices that are priced at/or below the appropriate element of the

prevailing DFC. Trainees at Phase 1 and Phase 2 training establishments will receive the food provision in accordance with the requirements for the particular training regime in place.

0606. **Choice.** A full selection of Core choices shall be available throughout Core Meal Times. Core Meals should be designed to deliver a minimum of 3300 kcals based upon a selection of the hot choices, vegetables and sweets over the 3 meals. Data, based on preference forecasting conducted in accordance with JSP 456, Vol 4, Ch 8, Annex A, will determine the number of choices provided in accordance with the average numbers fed, remembering that the DFC is broken down into 3 separate costed meals.

Table 1: Minimum Number of Core Choices According to Average Uptake per Mess for Lunch

Average numbers fed	Hot Dishes	Salad Bar	Light Lunch	Catering for Diversity inc Vegetarians may be call-order	Potatoes	Vegetables or a Side Salad
1-30	2	To order	✓	✓	2	2
30-99	2/3	✓	✓	✓	2	2
100 +	3	✓	✓	✓	2	3

Table 2: Minimum Number of Core Choices According to Average Uptake per Mess for Main Meal

Average numbers fed	Hot Dishes	Salad Bar	Catering for Diversity inc Vegetarians may be call-order	Potatoes	Vegetables or a Side Salad	Hot Sweets	Cold Sweets
1-30	2	To order	✓	2	2	1	2
30-99	2/3	✓	✓	2	2	1	2
100 +	3	✓	✓	2	3	2	3

0607. **Restricted Service Days.** On certain days such as weekends or block leave, there may be a reduced number of personnel eating from the servery. On such occasions, and with the agreement of the Authority staffs, it is permitted for a restricted service to apply. The level of this service is to be agreed between the unit Authority staffs and the Contractor. Individual Services have different methods of addressing this issue e.g. centralised messing, reduced opening hours. It is acceptable to operate a call order service for small messes, tailored to the Unit’s requirement with the agreement of the Authority staffs. If call order is to be used, the standards of the relevant KPI are to be adhered to regarding timings and quality of service.

0608. **Breakfast Menu.** The minimum offer for breakfast shall be a choice of 6 items from the following list:

- a. Fruit juice (not squash), fruit segments, cereals (including the necessary amount of milk), bacon, sausage, egg, ham, cheese, baked beans, tomatoes, potatoes, fried bread. (Up to a maximum of 3 proteins, no more than 2 of each item).
- b. In addition personnel are entitled to 2 slices of medium white or wholemeal bread with spread and preserve and a hot beverage (tea or coffee) or 125ml milk and accompaniments including sweeteners.
- c. Cold water and squash shall be available in addition to a hot beverage as part of the core meal cost.

0609. **Lunch Menu.** The number and type of choices to be offered are shown in Table 1. No main choice shall be repeated within 24 hours unless expressly agreed with the on-site Authority staffs. They are to be comprised as follows:

- a. The main choice shall consist of a freshly cooked hot protein commodity (meat, fish or egg dishes) according to Table 1.
- b. In addition, a salad bar is to be available, allowing the consumer to select simple and compound salads by filling a 750cc container, the protein may be pre-portioned. As a minimum a choice of 4 simple (i.e. lettuce, tomatoes, cucumber) and 3 compound (i.e. coleslaw, potato) salads shall be provided. Dressings are to be made available separately.
- c. In addition a 2 course 'light-lunch' option consisting of either a 10" baguette or 2 rounds of sandwiches (4 slices of medium white or wholemeal bread) or a jacket potato with a choice of fillings, is to be available. A piece of fresh fruit or yoghurt is to accompany the 'light-lunch'.
- d. Two choices of potato shall be available throughout the Core Meal period. Pasta or rice may be offered as an alternative. At least one of the potato choices shall not be fried.
- e. A choice of vegetables shall be available throughout the meal period according to Table 1.
- f. A self-service side salad of 500cc container shall be provided using a separate container. This can be in lieu of the vegetable option, with separate dressings provided.
- g. Two slices of medium white or wholemeal bread, together with low fat spread (high in polyunsaturates) and butter. A hot beverage of tea or coffee is to be made available.
- h. Cold water and squash shall be available in addition to a hot beverage as part of the core meal cost.

0610. **Dinner Menu** The main meal consists of 3 courses: a starter, a hot main course and hot or cold sweets. Table 2 shows the number of menu choices according to the average numbers fed. No dish shall be repeated within 24 hours unless expressly agreed with the on-site Authority staffs. Similarly, any variations to the set requirements e.g. theme nights, are to be approved by Authority staffs. Menus are to be compiled using the following criteria:

- a. First course; The starter shall consist of soup (1 choice per meal) with a bread roll or sliced French bread, or a simple dish or fruit juice.
- b. Second Course;
 - (1) The main choice shall consist of a freshly cooked hot protein commodity (meat or fish dishes) in accordance with Table 2.
 - (2) In addition, a self-service salad bar is to be available (or salads made to order), allowing the consumer to select simple and compound salads filling a 750 cc container, the protein may be pre-portioned. As a minimum a choice of 4 simple (i.e. lettuce, tomatoes, cucumber) and 3 compound (i.e. coleslaw, potato) salads shall be provided. Dressings are to be available separately.
 - (3) Two choices of potato shall be available throughout the meal period. Pasta or rice may be offered as an alternative. At least one of the potato choices shall

not be fried.

(4) A choice of vegetables shall be available throughout the meal period according to Table 2. At least one shall be fresh, but ideally both.

(5) A self-service side salad of 500cc container shall be provided using a separate container. This can be taken in lieu of the vegetable option, with separate dressings provided.

c. Third Course;

(1) Hot and cold sweets with appropriate sauces according to Table 2 shall be available. Fresh fruit or yoghurts shall be offered as a cold sweet choice.

(2) A beverage from tea or coffee. Cold water and squash shall be available in addition to a hot beverage as part of the core meal cost.

0611. **Night Duty Meals.** Night Duty Meals are to be provided in accordance with the lunch menu policy. In order to ensure that these are prepared in a timely fashion, it is acceptable that a pre-order system be introduced.

0612. **Duty Packed Meals.** A Duty Packed Meal shall consist of a minimum of:

- a. Two rounds of sandwiches (4 slices of medium white or wholemeal bread) or 2 rolls or combination of both containing a variety of fillings.
- b. A savoury pie or pasty can be offered in lieu of 1 round of sandwiches.
- c. Two individually wrapped commercial type bakery/snack/confectionery items. No more than 1 of each item is to be used.
- d. One piece of fruit.
- e. One soft non-carbonated juice/squash drink or water (benchmark is tetra 330 ml).

Packed meals suitable for vegetarians and personal religious beliefs shall be available on request in accordance with para 0605b. Each establishment will have flexibility over dish composition in order to reflect local preferences, examples might include a baguette, salad or additional drinks up to the value of the packed meal allowance. Duty Packed Meals will be paid for by the MoD at the prevailing charge.

0613. **Container and Hotlock Meals.** Duty Meals provided in Containers and Hot locks shall as far as possible reflect the Menu Policy. These meals are to be claimed at the prevailing price for that meal.

0614. **Special Diets.** For those individuals who require authorised special diets, this must be provided within the Core Meal charge. Should the Contractor be unable to provide the necessary meals within the Core Meal price then the Contractor should seek additional recompense from the Medical Vote for food costs incurred. Refer to JSP 456 Volume 1 Chapter 5.

0615. **Retail Options.** Contractors must be encouraged to develop site-specific consumer preferences and introduce appropriate offers on each site. Prices need to be set at a level that represents perceived value for money (VFM) and that personnel are willing to pay. Once this has been established, the local management team will have the ability to further develop the business, changing offers to meet demand whilst avoiding 'menu fatigue'. To generate additional income retail offers can be priced attractively by using meal 'bundles' or packages i.e. the caterer will be able to produce a retail sandwich, packet of crisps and a tetra drink or a baked potato with filling

within the lunch core meal charge and still gain additional revenue. The use of high street brands may have a niche within the CRL market but over-reliance may result in a decrease in sales as branded products normally sell at increased prices. Core offers could also be extended to include extras e.g. naan bread and raita served as an optional extra with a Core Meal curry. Additionally, the use of call order, back bar catering equipment could increase the range without increasing food production and wastage as this equipment is already in place and does not call for additional investment.

0616. **Food Supply.** The Contractor is to purchase, through their own arrangements, all food, beverages and other supplies to support the outputs of the contract. The cost of such supplies is to be made available to the Authority through Open Book Accounting.

0617. The Contractor shall ensure that the food supplied in order to deliver the Core and retail menus shall adhere to the MOD Food Input Standards (Version 5) as well as any subsequent updates. The Contractor shall ensure that any ingredients supplied for the composition of recipes and menus for all CRL outlets, adhere to all Government regulations as published by the Food Standards Agency. In addition, contractors are to support MOD healthy eating and nutrition initiatives.

0618. Where the Authority demands a commodity that is not normally sourced by the Contractor, it remains the Contractor's responsibility to source the commodity. The Contractor shall advise the Authority of the minimum Denomination of Quantity (DoQ) that the Authority must demand to avoid residual stock.

0619. **Shopping Basket.** For all Shopping Basket and Bench Marking procedures please refer to Chapter 12 Para 1218

0620. **Menu Evaluation.** To enable a contract to commence from its optimum position it is imperative that Core Meals are planned correctly;(an illustrative menu can be found at Annex A). the same principles apply equally to retail menus. Poor menu composition and pricing will have an immediate impact on consumers using CRL facilities and may take a considerable time to reverse the trend. Sufficient time should be afforded to evaluating the new menus that are to comply with the Menu Policy as stipulated within this Chapter and should be checked together with their recipes against the food shopping basket provided by the Contractor to ensure portion sizes and ingredients are all within the meal costing. The sales ratio of core against retail offers also needs to be considered, as this will impact trading figures and they are to compliment each other rather than duplicate i.e. pizza on the Core Meal Range one day at core price and as a retail offer the next day at an increased price. The costs of any consumables such as condiments and packaging should be incorporated into the recipe costing where appropriate.

0621. One month prior to CRL Implementation date, final menus for each site are to be obtained from the CRL Contractor. Issues including traditional/regional menu requirements and feeding patterns are to have been considered. In order to meet the Government's White Paper on healthy living (Choosing Health), the retail menu, whilst offering popular choices, is to have healthy alternatives available. As a public sector department, the MOD has made a commitment to improving the health of its personnel and has endorsed the recommendations contained in the White Paper. Complementary to the extensive nutrition education programme already in place, (designed to encourage personnel to make informed decisions about their diet) are facilities that enable them to do so. Contractors should ensure that they offer sufficient healthy retail options, as part of and in addition to the Core Meal offering, to encourage personnel to follow a healthier lifestyle.

0622. It is incumbent upon the Supervising Officer or Deputy Supervising Officer to ensure that the following are undertaken:

- a. Menu evaluation and change to reflect consumer demand.
- b. Realistic costings.
- c. Ensure that the menu offers provide value for money.

0623. Menus should provide an acceptable balance of dishes made from raw ingredients and some convenience foods. Where CCM are employed the continuous operational/military/technical training requirement must be considered.

0624. **The Enhanced Core Offer (ECO).** CRL mandates a Core Meal, individual Officers' and SNCOs Mess Committees, in consultation with the Contractor, may consider an additional charge, similar to Extra Messing Charge(EMC)/Extra Messing Income(EMI), to be added to the cost of the Core Meal in order to deliver an enhanced offer. Recipes should be checked to confirm that the additional income has been correctly incorporated into the food offer to represent value for money and otherwise complies with the requirements of this chapter.

RAF Only: The ECO will only be considered if the proposed Business Case can demonstrate that it will generate benefits across the Unit. All requests to move across to a ECO system must be approved prior to implementation by HQ Air Cmd (A4 Cat Ops SO1)

0625-0699. Reserved.

Lunch Week 1							Lunch Week 2						
Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Chicken Supreme & Rice	Beef & Onion Pie	Chicken Kebabs with Pitta Bread	Stir Fried Chicken with Noodles	Lancashire Hot Pot	Pork Burger in a Bap	Savoury Mince and Yorkshire Pudding	Lamb Koftas with Pitta Bread	Mince Beef Cannelloni with Garlic Bread	Chicken Madras with Boiled Rice	Mince Beef and Dumplings	Spaghetti Bolognese	Sweet & Sour Pork with Braised Rice	Chicken & Mushroom Pie
Fish in Breadcrumbs & Tartar Sauce	Honey Chilled Chicken	Chilli Con Carne & Boiled Rice	Sausage Rolls	Cod in Batter	Keema Curry with Pilau Rice	Chicken Chow Mein	Fishermans Pie	Chicken Goujons with Chilli Mayo	Cheese Burger	Southern Fried Chicken	Battered Haddock	Cottage Pie	Vienna Steak with Fried Egg
Cheese and Onion Pasty	Vegetable Cobbler	Tempura Vegetable with Sweet Chilli Sauce	Vegetable Croquettes with Mushroom Sauce	Vegetable Pie	Broccoli & Cheese Flan	Vegetable Pancakes & Tomato Sauce	Vegetable Bolognese	Vegetable Fricassee and Rice	Vegetable Provencale with Pasta	Vegetable Jalfrazi with Boiled Rice	Vegetable Croquette with Parsley Sauce	Vegetable Lasagne with Garlic Bread	Roast Vegetable Plait
Sauté Potatoes &/or Parsley Potatoes	Chipped Potatoes &/or Baked Jacket Potatoes	Boiled Potatoes &/or Lyonnaise Potatoes	Parisienne Potatoes &/or Baked Jacket Potatoes	Chipped Potatoes &/or New Boiled Potatoes	Saute Potatoes &/or Baked Jacket Potatoes	Boulangere Potatoes &/or Parmentier Potatoes	Chipped Potatoes &/or Baked Jacket Potatoes	Bubble & Squeek &/or New/Boiled Potatoes	Chipped Potatoes &/or Baked Jacket Potatoes	Croquette Potatoes &/or Creamed Potatoes	Chipped Potatoes &/or Baked Jacket Potatoes	Potato Cakes &/or Parsley Potatoes	Chipped Potatoes &/or Baked Jacket Potatoes
Garden Peas & Vichy Carrots or Side Salad	Baked Beans & Buttered Sweetcorn or Side Salad	Mixed Vegetables & Courgettes Provencale or Side Salad	Spaghetti in Tomato Sauce & Green Beans or Side Salad	Sweetcorn Mexican & Mushy Peas or Side Salad	Peas Flamonde &/or Baked Beans or Side Salad	French Beans &/or Sweetcorn or Side Salad	Processed Peas &/or Grilled Tomatoes or Side Salad	Baked Beans &/or Boiled Cabbage or Side Salad	Spaghetti in Tomato sauce &/or Mixed Vegetables or Side Salad	Stir Fried Cabbage &/or Baked Beans or Side Salad	Minted Mushy Peas &/or Baton Carrots or Side Salad	Courgettes Provencale &/or Sweetcorn or Side Salad	Green Beans &/or Baked Beans or Side Salad
Pasta	Pilau Rice	Pasta	Braised Rice	Pasta	Boiled rice	Savoury Rice	Pasta	Boiled Rice	Fried Rice	Pasta	Savoury Rice	Pasta	Fried Rice
Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Quiche Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Salmon Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Ham Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Cheese Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Tuna Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Chicken Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Corned Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Gala Pie Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Chicken Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Ham & Egg Roll Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Turkey Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads
Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt	Light Lunch Option Baguettes, Sandwiches or Jacket Potatoe with a choice of fillings ie Cheese, Coleslaw or Tuna A Piece of Fresh Fruit or Yoghurt
2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread	2 Slices of Medium or Wholemeal Bread
Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter	Low Fat Spread or Butter
Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings	Preserves or Dressings
Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided
Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials

Dinner Week 1							Dinner Week 2						
Mon	Tue	Wed	Thur	Fri	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Minestrone Soup	Chicken Soup	Tomato Soup	Vegetable Soup	Mushroom Soup	French Onion Soup	Cream of Carrot Soup	Chicken Noodle Soup	Leek and Potato Soup	Cream of Onion Soup	Minestrone Soup	Green Pea Soup	Tomato Soup	Chicken Soup
Beef Goulash	Irish Stew	Saute Chicken Chasseur	Lasagne with Garlic Bread	Pork Schnitzel with Hunter Sauce	Lamb Curry with Rice	Roast Beef & Yorkshire Puddings	Chicken Kiev	Pork with Bean Sprouts	Chicken and Sweetcorn Pie	Roast Pork and Apple Sauce	Tandoori Chicken	Steak and Kidney Pudding	Roast Lamb and Mint sauce
Southern Fried Chicken	Beef & Mushroom Pie	Baked Gammon & Pineapples	Chicken en Croute	Grilled Garlic Chicken	Turkey Schnitzel with Mushroom Sauce	Pork Chop and Apple sauce	Beef Stew and Dumplings	Lamb Navarin with Herb Cobbler	Grilled Gammon Steak & Pineapple	Chicken Curry and Rice	Minced Beef and Potato Pie	Roast Turkey with Stuffing	Coq au Vin
Cod Mornay	Plaice Anglaise	Cod with Ginger & Spring Onion	Prawn Rogan Josh	Cod Francaise	Seafood Pasta	Breaded Haddock	Cod Portugaise	Tuna Pasta Bake	Poached Cod with a Prawn Sauce	Fish & Potato Pie	Goujons of Plaice and Tartare sauce	Prawn Provencale	Poached Cod in a Mushroom sauce
Vegetable Crumble	Vegetable chilli	Vegetable Curry & Rice	Vegetable Carbonara	Vegetable Fricasse	Cheese and Vegetable Pasty	Mushroom & Pepper Bake	Leek & Cheese Strudel	Vegetable Kiev's	Vegetable Kebabs & Pilau Rice	Vegetable Stew and Dumplings	Chinese Style Stir Fried Vegetables & Rice	Vegetable and Nut Loaf	Vegetarian Moussaka
Boloungere Potatoes &/or Duchess Potatoes	Creamed Potatoes &/or Parmentier Potatoes	Marquise Potatoes &/or Fondant Potatoes	Savoury Potatoes &/or Byron Potatoes	Baked Potatoes &/or Pont Neuf Potatoes	Berrichonne Potatoes &/or Alsacienne Potatoes	Roast Potatoes &/or Boiled Potatoes	Anna Potatoes &/or NewBoiled Potatoes	Potato Cakes &/or Risssolee Potatoes	Biaritz Potatoes &/or Sauté Potatoes	Roast Potatoes &/or Boiled Potatoes	Lyonnaise Potatoes &/or Parsley Potatoes	Macaire Potatoes &/or Fondant Potatoes	Duchess Potatoes &/or Roast Potatoes
Baton Root Vegetables &/or Broccoli or Side Salad	Cauliflower au Gratin &/or Mange Tout or Side Salad	Swede Puree and/or Green Beans or Side Salad	Baton Carrots &/or Roast Parsnips or Side Salad	Stir Fried Cabbage &/or Fresh Mixed Vegetables or Side Salad	French Beans &/or Rataouille or Side Salad	Broccoli &/or Carrot and Swede Puree or Side Salad	Mixed Vegetables &/or Roast Parsnips or Side Salad	Cauliflower Polonaise &/or Sauté Courgettes Provencale or Side Salad	Vichy Carrots &/or Green Beans or Side Salad	Red Cabbage & Apples &/or Diced Swede or Side Salad	Peas Flamande &/or Cauliflower or Side Salad	Roast Root Vegetables &/or Green Beans or Side Salad	Puree Carrots &/or Broccoli au Gratin or Side Salad
Pasta	Savoury Rice	Pasta	Boiled Rice	Pasta	Savoury Rice	Pasta	Fried Rice	Braised Rice	Pasta	Pasta	Cous-Cous	Pasta	Savoury Rice
Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Cheese Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Gala Pie Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Chicken Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Ham Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Salmon Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Corned Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Turkey Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Corned Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Cheese Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Beef Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Tuna Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Pork Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Ham Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads	Quiche Salad Minimum Choice of 4 Simple Salads & 3 Compound Salads
Apple Cobbler or	Syrup Sponge Pudding or	Apple Charlottes or	Bread & Butter Pudding or	Bakewell Tart or	Syrup Pancakes or	Apple Merangue Flan or	Semolina or	Steamed Chocolate Sponge or	Baked Jam Roll or	Pineapple Fritters or	Jam Turnover or	Baked Rice Pudding or	Dutch Apple Tart or
Treacle Tart	Cherry Crumble	Banana Fritters	Chocolate Sponge	Apple Strudel	Jam Puffs	Vanilla Sponge Pudding	Rhubarb Crumble	Apple & Blackberry Pie	Gooseberry Tart	Treacle Tart	Apple Crumble	Sticky Toffee Pudding	Lemon Pancakes
Custard Sauce	Custard Sauce	Custard Sauce	Chocolate/Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Custard Sauce	Caramel Sauce	Custard Sauce
Chocolate Tart & Cream	Lemon Meringue or	Trifle or	Chelsea Bun or	Custard Slice or	Profiteroles & Chocolate Sauce	Black Forest Gateau or	Banana Flan or	Chocolate Eclairs	Doughnuts	Crème Caramel or	Lemon Meringue or	Fruit Scone or	Strawberry Gateau or
Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or	Fresh Fruit or
Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts	Yoghurts
Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided	Tea or Coffee, Semi - Skimmed Milk and Sugar. Sweetners to be provided
Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials	Unlimited Water and a Selection of Cordials

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