

Vegan Prisoners Support Group

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To: All Catering Managers/Visitors' Centres

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VPSG/Vegan Society Awards 2010



From left to right are: Graham Brown, Thomas McMahon, Nigel Spiers, David Witcomb, Thomas Young, Stephen Johnson, Geoffrey Cooke and Glen Hammond.

IOW Prisons were again nominated this year by several vegan prisoners as their standard has remained consistent, winning them for the third year running a GOLD STAR

AWARD. Pictured above are the catering team who have helped to win this award.



Alan R. Tuckwood

For the past 16 years Alan Tuckwood has patiently guided our organisation through the complexities of prison rules and regulations. All his time and effort has meant we have been able to provide useful information, a Catering Information Guide and Prison News Sheets for prison kitchens to use.

Alan's help has been invaluable in our efforts to ensure equal opportunities for vegan prisoners. We will miss his guidance, his humour and most of all his charm, but we wish him all the luck with any new venture he undertakes.

VPSG



Dave Clough (Special Award)
Catering Manager Isle of Wight Prisons

Dave Clough has continued to strive consistently this past year for equal opportunities for vegan prisoners earning another of our special awards. Keep up the excellent work Dave!

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Good news for vegan prisoners!

3663 inform us that Pumpkin Seeds can now be ordered by completing a non-catalogue request.

Pumpkin seeds are a good source of iron, manganese, magnesium, phosphorus, copper, zinc, protein and vitamin K.



Catering Awards

To be nominated for one of our Awards prisons need to follow our basic nutritional recommendations listed in our **Catering Information Guide** which includes:

3½ L fortified soya milk (in order to provide sufficient Calcium and B12); 200g (7oz) mixed nuts and seeds; 250g (9oz) mixed dried fruit/raisins; 250g (9oz) muesli with oats and 14-21 pieces of fruit/week (comprising of 3 bananas and at least one citrus fruit/day).

3rd Year Award HMP Stafford: Catering Manager Barry Bramhall and team

There is always a vegan option on the main menu which many non-vegan prisoners also choose, they include: Mexican Bean Hotpot, Stir Fried Beans and Beansprouts, Stir Fried Vegetables and Almonds, Jamaican Curry, Leek and Potato Pie, Cauliflower au Gratin, Borlotti Bean Neapolitan, Aubergine in Batter with Sweet Chilli Sauce as well as mainstays like Chickpea and Lentil Curries. Although fresh fruit is always an option, some of the desserts include Banana and Walnut Crumble, Fruit Pancakes, Banana Fritters, Apple Pie and Soya Yoghurt. Barley, oats and brown rice are also used in some of their recipes.

2nd Year Award HMP Foston Hall: Catering Manager Mary Amos, Nicola Mansfield and team

The vegan diet at HMP Foston Hall contains a variety of beans and lentils and lots of green vegetables so important in the vegan diet, such as spinach, cabbage, broccoli and brussel sprouts. They also follow our recommendation and serve some of the vegetables in their raw state which come fresh from the prison's vegetable garden.

Some of the home made meals include Red Pepper Hummus, Mushroom Stroganoff, Vegetables in Black Bean Sauce, Nut Roast and Vegetable Keema.

2nd Year Award HMP Guys Marsh: Catering Manager Steve Butler and team

HMP Guys Marsh were nominated as their vegan diet is not only tasty, but also varied in choice. Some of their home made dishes include Nut Roast, Sweetcorn Fritters, Risotto, Vegetable and Butter Bean Stew, Bean Casserole, Stuffed Peppers, Vegetable and Lentil Stew with Cous Cous. A variety of green vegetables are on offer such as broccoli, runner beans, spinach, salad

and a variety of fresh fruit.

The vegan pack includes almonds, dried fruit and peanut butter.

2nd Year Award HMP Coldingley: Catering Manager Chris Ginn and team

HMP Coldingley has a number of their recipes included in our cookbook (*to be issued in February*) which have already been tasted by eager VPSG volunteers. HMP Coldingley are planning to help with the second testing soon. To name a few of their recipes: Creamy Lentils and Rice, Kidney Bean Lasagne, Mousakka, Lentil and Tomato Pasties, Ernie's Peanut Sauce, Lentil Cutlets, Mixed Bean Pilaf Rice, Peanut Paella, Chickpea Tagine, Aubergine Curry and Pasta e Fagioli. Check out their Xmas menu on page 4!

2nd Year Award HMP Nottingham: Catering Manager Phil Marshall and team

Option 4 is always the vegan choice so there is always a hot meal if a vegan prisoner suddenly arrives. Some of the choices are Vegetable and Bean Stew, Mixed Bean Casserole, Stuffed Peppers, Sweet Potato and Spinach Curry. A variety of green vegetables are available such as cabbage, cauliflower, green beans and peas. There is a variety of fruit always available and some vegan desserts such as Rice Pudding and Semolina.

1st Year Award HMP Ranby: Catering Manager Steve Johnson and team

Vegan prisoners at HMP Ranby speak highly of the quality and variety of the vegan choices which include Cheezly Salad, Tofu and Vegetable Stir Fry, Mediterranean Vegetables, Provencal Bean Stew, Cauliflower Cheese, Vegan Pie, Green Banana Curry, Vegetable Enchiladas, Mixed Bean Casserole, Mushroom Korma, Chickpea Stew and Roasted Vegetables. The home made desserts are popular too: Date and Oat Flapjacks, Fruit Crumble, Dried Fruit Sponge, Baked Apples, Apple Turnover and Rice Pudding.

1st Year Award HMP Haverigg: Catering Manager Brian Schwarzer and team

HMP Haverigg were nominated by a happy prisoner who outlined that one of the daily favourites is a winter warmer soup, made up of a different selection of pulses and beans. This soup is not only enjoyed by the vegan prisoners, but chosen by other prisoners too. Mr. Schwarzer ensures that any vegan prisoner who arrives at HMP Haverigg is provided with a nutritional vegan option, including the addition of mixed nuts (in order to provide Omega 3), brazil nuts (in order to provide sufficient selenium in their diet) and sunflower, pumpkin and sesame seeds. Apple Crumble, Rice Pudding as well as soya yoghurts and a variety of fruit are also available. They currently have a vegan prisoner who cooks the vegan options. Mince Pies and Fruit Cake will be on the menu this Xmas.

1st Year Award HMP Wandsworth: Catering Manager Neil Tyson and team

The HMP Wandsworth menu is adventurous, including Bulgar Pilaf with Vegetables, Black eyed Beans with Okra, Bean and Apple Casserole, Lentil and Mushroom Wellington and Aloo Chaat with Chickpeas. Vegetable choices include runner beans, red and white cabbage, cauliflower, broccoli, courgettes, and carrots. Fruit is offered as the healthy option and includes pears and oranges. Soya Yoghurts are also a choice.

1st Year Award HMP Ashwell: Catering Manager Paul Birbeck and team

Their vegan options include Chickpea and Spinach Dhal, Aloo Gobi, Lentil Dhal, Lentil and Bean Casserole, Stir Fries and Chunky Vegetable Soup. Vegetables include cabbage, green beans, broccoli and cauliflower. Vegan cheese, mixed nuts, peanut butter, oats and dried fruit are also issued to vegan prisoners.

Special Awards



Jackie Gourley has been nominated for a second year running for her efforts in trying to ensure equal opportunities for vegan prisoners. This has included specific focus groups, agreeing changes to the menu with the catering manager as a result of focus groups, resolving issues with healthcare over appropriate medications for vegan women and working to ensure canteen and catalogue provisions are appropriate. Her nominee said she was always willing to try to help with the varying problems she asked for her help/advice on. Well done Jackie!

Jackie Gourley, Diversity Manager HMP Send/HMP Downview



Graeme Mann has earned himself one of our Special Awards this year for his continuing efforts to ensure equal opportunities for prisoners in all areas. He is always there to try to help when he learns of a problem and even though his days are always busy, he still makes every effort to resolve any issues as promptly as possible. Keep up the good work Graeme!

Graeme Mann, Catering Manager HMP Lowham Grange



It isn't always easy to ensure vegan prisoners are offered equal opportunities when you're catering for 600 prisoners with mixed nationalities and different dietary requirements. However, Tony Charlton has been nominated by one of his vegan prisoners for a Special Award. This Award is not only for his efforts ensuring that all the dietary requirements for vegans were provided, but also that the Visits room had a variety of healthy vegan items available for sale when his family arrived at weekends. Congratulations Tony!

Tony Charlton, Catering Manager HMP The Verne

Visitors Centres Awards

The following four Visitors' Centres won one of this year's Award as they all have done an excellent job in providing a variety of vegan products for sale.

The Downs Visitors' Centre has been nominated for the second year running as their standards remained high. They supply a variety of vegan goodies and they even managed to provide a vegan cake for one of their prisoner's birthdays!

Friends of Bronzefield were nominated as they provide a selection of vegan confectionary such as: dairy free chocolate buttons, fruit and cere-

al bars, ginger biscuits and dairy free chocolate bars, as well Nakd bars and soya drinks.

Littlehey Visitors' Centre provide a selection of vegan (non-dairy) products which have proved to be popular with many of their visitors. Doves Farm organic fruit oat cereal bars, dairy free crackle bar, soya shakes, dark chocolate bars and alpro soya milk for use in hot drinks are on sale.

Coldingley Visits Shop - There is a variety of fresh fruit (apples, grapes, bananas) and fruit&nut mix, which are very popular with all visitors. Also available are lots of vegan goodies: Black-friars flapjacks, dairy free chocolate bars and buttons, chocolate covered marzipan bars, chocolate covered rice cakes, liquorice, sesame snaps, chocolate and strawberry soya drinks and herbal&fruit teas.

Theo Anjorin - Governor's Procurement Card

"Discussions are going on between Holland & Barret and 3663 to facilitate supplying some Vegan suitable products that are currently not on our catalogues. In the meantime Catering Managers would be permitted to use their Governor's Procurement Card to purchase such products from Holland & Barret if they contact their RPU with their requirements and card number."



Theo Anjorin, Procurement Category Buyer Food & Catering

PSI number 44/2010

**A VEGAN PRE-SELECT CHOICE AT EVERY PRISON!
PRISON SERVICE INSTRUCTION 44/2010 – CATERING
MEALS FOR PRISONERS**

- 1.1
 - NOMS has a responsibility to meet cultural, nutritional and diversity needs. The Service has a responsibility to educate, and give prisoners the opportunity to eat healthily.
- 3.1
 - A multi-choice (minimum five choices pre-select menu, including a minimum of one substantial hot meal choice per day will be provided for the lunch time or evening meal.
 - The menu cycle will be for a minimum of 4 weeks.
 - Prisoners are consulted about and can make comments on the catering provision.

HMP COLDINGLEY YULETIDE VEGAN MENU

Christmas Day Menu

Breakfast: vegan sausage, home made potato cake, plum tomatoes.

Lunch: Chickpea Wellington served with mild chilli tomato sauce, brussel sprouts, glazed carrots, roast potatoes.

Dessert: fruit cake, fresh fruit or soya yoghurt.

Tea: baguette, lentil and mushroom paste, tomato and onion salsa.

Dessert: Home made flapjack, mixed fruit & nuts, orange, soya yoghurt.

Boxing Day Menu

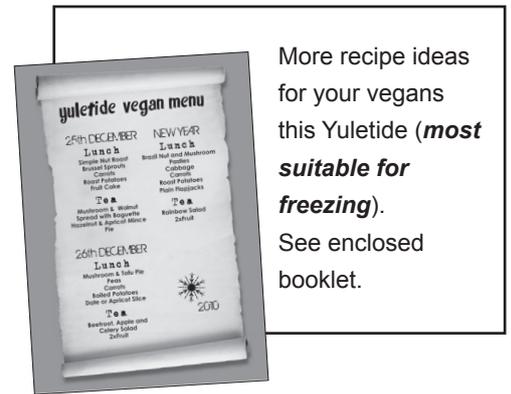
Breakfast: Cereal and soya milk, bread, fruit juice, margarine, cheezly portion, marmite.

Lunch: Chilli sin carne, Rice, Sliced green beans, Swede and carrots.

Dessert: Fruit compote or soya yoghurt.

Tea: Mixed bean and salad wrap.

Dessert: Vegan chocolate, dates, Fresh fruit, soya yoghurt.



More recipe ideas for your vegans this Yuletide (**most suitable for freezing**). See enclosed booklet.

chickpea wellington

Ingredients	Serves 10
For the filling	
Dried chickpeas	454g (1 lb)
Yeast extract	15g (1/2 oz)
Mixed nuts, chopped	240g (8 oz)
Onions, finely chopped	360g (12 oz)
Sage & onion stuffing	454g (1 lb)
Mushrooms, sliced	270g (9 oz)
Vegetable stock	150ml (1/4 pt)
Vegetable oil	as needed
Salt and black pepper	to taste
Pastry	
Plain Flour	454g (1 lb)
Vegan margarine	240 (8 oz)
Cracked black pepper	7g (1/4 oz)
Water approximately	120ml (1/4 pt)

Soak the chickpeas overnight in water, drain, rinse, place into a pan, cover with water and bring to the boil, then reduce heat and simmer until tender (approx 1-1½ hours). Drain, put into a food processor and blend until a coarse mixture. Add yeast extract and nuts and blend again. Should be a coarse mixture.

Lightly fry the onions and mushrooms in a large pan, when soft gradually add the chick pea mix, then the sage and onion, mix to form a firm mixture and season. If the mixture is too firm add a little vegetable stock.

Rub together the flour and margarine to make a sandy texture, add cracked pepper and gradually add the water to form a soft pliable dough. Chill for 30 minutes, then roll out into an oblong shape. Mould the chickpea mixture and lay along the centre of the pastry. Then wrap pastry around, wet edges and seal. Place on a lightly oiled baking tray and bake in a medium, oven for approximately 30 minutes or until pastry is cooked.

Remove from the oven, cut into portions and serve with a mild tomato and chilli sauce.

chilli sin carne

Ingredients	Serves 10
Oil	30ml (1 oz)
Onions, chopped	454g (1 lb)
Red peppers, diced	2
Green peppers, diced	2
Celery, diced	3 sticks
Kidney beans, cooked or tinned	300g (10 oz)
Tinned chopped tomatoes	1kg (2 lb)
Tomato puree	60ml (2 oz)
Chilli powder	6g (1/8 oz)
Ground cumin	6g (1/8 oz)
Vegetable stock	400ml (1 pt)
Salt and black pepper	to taste

Fry the onions in the oil until soft. Add peppers and celery, cook until tender. Add the beans, tomatoes, tomato puree, chilli powder, cumin and the stock, simmer for approximately 30 minutes until the chilli thickens. Season and serve with brown rice.

fruit cake

Ingredients	Makes 8
Self-raising flour	450g (1 lb)
Baking powder	2 tsp
Mixed spice	1½ tsp
Sugar	225g (8 oz)
Vegetable oil	115 ml (4 floz)
Dried fruit and/or nuts	340g (12 oz)
Water	285 ml (1/2 pint)

Preheat oven to 175°C/350°F/Gas 4. Sift the flour, baking powder and mixed spice into a bowl. Add the sugar and oil. Mix in dried fruit. Slowly stir in the water, cover and leave to stand for 1 hour. Turn into a lightly greased 7" (18 cm) tin and bake for 1½-2 hours, testing with a skewer. Cool before turning out and cutting. Freezes well.

nut roast (New Year)

Ingredients	Serves 10
Wholemeal bread	600g (1 lb 5 oz)
Brown or white rice	600g (1 lb 5 oz)
Mixed nuts, chopped	425g (15 oz)
Onions, finely diced	3
Garlic paste	10g
Tinned chopped tomatoes	200g (7 oz)
Mixed herbs	10g
Soy sauce	10ml

Crumb bread in a food processor. Boil the rice until tender and add to chopped nuts in a large oven-proof dish. Fry off onions and garlic, add tomatoes, mixed herbs, soy sauce, mix thoroughly and cook for 2-3 minutes. Add to breadcrumbs and chopped nuts and mix together, adding a touch of water to help bind together. Bake in loaf gastronome 200c for 35-45 minutes, until slightly crusty on top. After chilling, portion and serve in No.2 foils, regenerate with steam

flapjacks

Ingredients	Makes 12
Vegan margarine	175g (6 oz)
Sugar	85g (3 oz)
Golden syrup	2 tbsp
Rolled oats	340g (12 oz)
Sultanas (optional)	85g (3 oz)

Pre-heat oven to 190°C/375°F/Gas 5. Put the margarine, sugar and syrup into a medium-sized saucepan and heat gently until melted. Remove from heat and stir in the oats (and sultanas if using). Spread the mixture evenly into an oiled tin and bake for 20 minutes. Cool a little, then divide into pieces. Leave to cool completely before serving.