



**GENERAL CONFINEMENT MENU**

WEEK 1

Monday, July 10, 2023

	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST APPLE JELLY MARGARINE WHITE MILK COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW MARGARINE CHILLED FRESH APPLE HAWAIIAN BEVERAGE *MEATLESS CHILI	ROME STYLE LENTILS SPAGHETTI STEAMED GREEN PEAS WHITE BREAD / MARGARINE WHITE CAKE W/ CHOCOLATE ICING ORANGE BEVERAGE
T U E S D A Y	CHILLED GRAPE JUICE BREAKFAST PIZZA BRAN FLAKES WHITE MILK COFFEE SUGAR	TOMATO SOUP CHILLED TUNA SALAD THREE BEAN SALAD HAMBURGER ROLL CHILLED CANNED PEACHES POTATO CHIPS GRAPE BEVERAGE *SLICED AMERICAN CHEESE	SLICED BAKED MEATLOAF SEASONED GRAVY WHIPPED POTATOES SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ICE TEA *MEATLESS PEPPER STEAK
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	TURKEY CHOW MEIN STEAMED WHITE RICE STEAMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED APPLESAUCE ORANGE BEVERAGE *MEATLESS SWEET AND SOUR	HOT DOGS HOT DOG ROLLS POTATO TOTS STEAMED WAX BEANS MUSTARD / KETCHUP CHERRY GELATIN HAWAIIAN BEVERAGE *HARD COOKED EGG
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED MANDARIN ORANGES LEMON BEVERAGE *MEATLESS TOMATO SAUCE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS VEGETABLE STEW
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE HOMEMADE APPLE CRISP GRAPE BEVERAGE	BREADED FISH FILLET STEAMED WHITE RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT HAWAIIAN BEVERAGE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL PANCAKES W/ SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES STEAMED GREEN PEAS CHILLED FRESH APPLE HAWAIIAN BEVERAGE *MEATLESS SLOPPY JOE	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD /MARG. SUGAR COOKIES ORANGE BEVERAGE *BLACK BEAN SAUCE
S U N D A Y	FRESH PETITE BANANA HOT GRITS PLAIN SLICED WHOLE GRAIN BAGEL CREAM CHEESE WHITE MILK COFFEE SUGAR	SOUP DU JOUR GREEN CHILI BURRITO WITH BEEF, CHICKEN, & BEANS SALSA SAUCE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHILLED APPLESAUCE LEMON BEVERAGE *TUSCAN BEAN SAUCE	BBQ CHICKEN LEGS CHILLED POTATO SALAD KIDNEY/GARBANZO BEAN SALAD WHITE BREAD / MARGARINE HOMEMADE GINGERBREAD W/ICING GRAPE BEVERAGE *MEATLESS BAR-B-QUE

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT CINNAMON OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BEEF CHOW MEIN ELBOW MACARONI STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED CRUSHED PINEAPPLE ORANGE BEVERAGE *MEATLESS SWEET AND SOUR	JAMAICAN BEEF PATTY STEAMED WHITE RICE SEASONED CABBAGE WHITE BREAD / MARGARINE RASPBERRY GELATIN CHOCOLATE MILK *CREOLE BEAN SAUCE
T U E S D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL HARD COOKED EGGS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	BEEF CACCIATORE WITH SPAGHETTI STEAMED WAX BEANS WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE *MEATLESS PEPPER STEAK	BAKED SALISBURY STEAK WHIPPED POTATOES SEASONED GRAVY STEWED TOMATOES WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *SLICED AMERICAN CHEESE
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR ITALIAN SAUSAGE SAUTEED PEPPERS AND ONIONS HOT DOG ROLL CHILLED MACARONI SALAD CHILLED FRESH ORANGE ORANGE BEVERAGE *MEATLESS SLOPPY JOE	TURKEY ALA KING STEAMED WHITE RICE STEAMED GREEN PEAS WHITE BREAD / MARGARINE SUGAR COOKIES HAWAIIAN BEVERAGE *TUSCAN BEAN SAUCE
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES VANILLA YOGURT WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED APPLESAUCE LEMON BEVERAGE *HARD COOKED EGGS	BAR-B-QUE CHICKEN CUBES STEAMED WHITE RICE CREOLE BEAN SAUCE HOMEMADE CORNBREAD MARGARINE RASPBERRY SHERBET GRAPE BEVERAGE *BREADED CHICKEN PATTY
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST/MARGARINE WHITE MILK COFFEE SUGAR	TOMATO SOUP GRILLED CHEESE SANDWICH CHILLED COLESLAW CHILLED MANDARIN ORANGES POTATO CHIPS ORANGE BEVERAGE	VEGETABLE PRIMAVERA ELBOW MACARONI STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE YELLOW CAKE W/ VANILLA ICING HOT CHOCOLATE
S A T U R D A Y	CHILLED GRAPE JUICE BRAN FLAKES WAFFLES W/SYRUP MARGARINE WHITE MILK COFFEE SUGAR	BLACK BEAN SAUCE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT LEMON BEVERAGE	BREADED CHICKEN PATTY FRENCH FRIED POTATOES KETCHUP STEAMED MUSTARD GREENS HAMBURGER ROLL / MARGARINE HOMEMADE FUDGE BROWNIE HAWAIIAN BEVERAGE *MEATLESS BAR-B-QUE
S U N D A Y	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP GRAPE BEVERAGE	SLICED ROAST TURKEY BREAD DRESSING SEASONED GRAVY STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS VEGETABLE STEW

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE MILK COFFEE SUGAR	HAMBURGER PATTIES HAMBURGER ROLLS / KETCHUP POTATO CHIPS CHILLED PICKLE SPEAR CHILLED CANNED PEARS HAWAIIAN BEVERAGE *MEATLESS SLOPPY JOE	BREADED VEAL PATTY SPAGHETTI W/ TOMATO SAUCE SEASONED CABBAGE WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *MEATLESS TOMATO SAUCE
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES SCRAMBLED EGGS WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	VEGETABLE SOUP CHILLED TUNA SALAD WHITE BREAD THREE BEAN SALAD CHILLED FRESH APPLE ORANGE BEVERAGE *HARD COOKED EGGS	SPICY CHICKEN FIESTA STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHITE BREAD / MARGARINE VANILLA YOGURT GRAPE BEVERAGE *BLACK BEAN SAUCE
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE MARGARINE WHITE MILK COFFEE SUGAR	SMOKEY BEANS SPAGHETTI SEASONED ZUCCHINI W/ SAUCE WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES HAWAIIAN BEVERAGE	NAVY BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHOCOLATE CHIP COOKIES ORANGE BEVERAGE
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE CHILLED COLESLAW HOMEMADE CORNBREAD MARGARINE CHILLED FRESH ORANGE GRAPE BEVERAGE *MEATLESS CHILI	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED CARROTS WHOLE WHEAT BREAD/ MARG. ORANGE GELATIN ICE TEA *MEATLESS VEGETABLE STEW
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE CHILLED APPLESAUCE LEMON BEVERAGE	BREADED FISH FILLET SEASONED BROWN RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE CHOCOLATE CAKE W/ VANILLA ICING ORANGE BEVERAGE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL FRENCH TOAST W/ SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY SALAMI SLICED AMERICAN CHEESE HOT DOG ROLL / MUSTARD CHILLED POTATO SALAD HOMEMADE APPLE CRISP GRAPE BEVERAGE *SLICED AMERICAN CHEESE	SLICED BAKED MEATLOAF SEASONED BROWN GRAVY BOILED POTATOES STEAMED WHOLE KERNEL CORN WHOLE WHEAT BREAD/ MARG. CHOCOLATE ICE CREAM HOT CHOCOLATE *MEATLESS SWEET AND SOUR
S U N D A Y	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI W/ MEAT SAUCE STEAMED SPINACH WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE *MEATLESS TOMATO SAUCE	BBQ CHICKEN LEGS STEAMED WHITE RICE STEAMED GREEN BEANS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ORANGE BEVERAGE *MEATLESS BAR-B-QUE

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST APPLE JELLY MARGARINE WHITE MILK COFFEE SUGAR	BEEF VEGETABLE STEW HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE *MEATLESS VEGETABLE STEW	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATO STEAMED GREEN PEAS VANILLA PUDDING GRAPE BEVERAGE * MEATLESS CHILI
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE *HARD COOKED EGGS	RICE DIABLO WITH MEAT STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOC. ICING ORANGE BEVERAGE *RICE AND RED BEAN CASSEROLE
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWN POTATOES KETCHUP KIDNEY BEAN SALAD WITH ONIONS AND PEPPERS CHILLED MANDARIN ORANGES HAWAIIAN BEVERAGE *MEATLESS SLOPPY JOE	TUSCAN BEANS SAUCE STEAMED WHITE RICE FRENCH STYLE GREEN BEANS WHITE BREAD / MARGARINE ORANGE SHERBET LEMON BEVERAGE
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHOLE GRAIN BAGEL CREAM CHEESE WHITE MILK COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED CANNED PEACHES GRAPE BEVERAGE *MEATLESS SWEET & SOUR	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS TOMATO SAUCE
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BLACK BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP LEMON BEVERAGE	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE RASPBERRY GELATIN HOT CHOCOLATE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL WAFFLES W/SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE HOT DOG ROLL / MUSTARD CHILLED MACARONI SALAD CHILLED APPLESAUCE GRAPE BEVERAGE *SLICED AMERICAN CHEESE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARG. OATMEAL COOKIES HAWAIIAN BEVERAGE *RED BEAN IN SAUCE
S U N D A Y	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	BREADED FISH FILLET HAMBURGER ROLL KETCHUP HOMEFRIED POTATOES CHILLED BEET SALAD CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE *MEATLESS BAR-BQUE	CREAMED CHICKEN & GRAVY WHITE BREAD / MARGARINE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN CHOCOLATE PUDDING LEMON BEVERAGE *MEATLESS VEGETABLE STEW

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST APPLE JELLY MARGARINE WHITE MILK COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW MARGARINE CHILLED FRESH APPLE HAWAIIAN BEVERAGE *MEATLESS CHILI	ROME STYLE LENTILS SPAGHETTI SEASONED CABBAGE WHITE BREAD / MARGARINE WHITE CAKE W/CHOCOLATE ICING ORANGE BEVERAGE
T U E S D A Y	CHILLED GRAPE JUICE BREAKFAST PIZZA BRAN FLAKES WHITE MILK COFFEE SUGAR	MINISTRONE SOUP CHILLED TUNA SALAD HAMBURGER ROLL THREE BEAN SALAD POTATO CHIPS CHILLED MANDARIN ORANGES GRAPE BEVERAGE *SLICED AMERICAN CHEESE	TURKEY CHOW MEIN STEAMED WHITE RICE STEMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ICE TEA *MEATLESS SWEET AND SOUR
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	BEEF HUNGARIAN GOULASH HOMEMADE BISCUIT STEAMED WHOLE KERNEL CORN CHILLED APPLESAUCE ORANGE BEVERAGE *MEATLESS PEPPER STEAK	HOT DOGS HOT DOG ROLLS POTATO TOTS STEAMED GREEN PEAS MUSTARD/KETCHUP CHERRY GELATIN HAWAIIAN BEVERAGE *HARD COOKED EGGS
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED CANNED PEARS LEMON BEVERAGE *MEATLESS TOMATO SAUCE	BREADED CHICKEN PATTY WHIPPED POTATO SEASONED CHICKEN GRAVY STEAMED SLICED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS VEGETABLE STEW
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE HOMEMADE APPLE CRISP GRAPE BEVERAGE	BREADED FISH FILLET STEAMED WHITE RICE CREOLE BEANS SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT LEMON BEVERAGE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL PANCAKES W/ SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHILLED FRESH APPLE HAWAIIAN BEVERAGE	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD / MARG. SUGAR COOKIES ORANGE BEVERAGE *BLACK BEAN SAUCE
S U N D A Y	FRESH PETITE BANANA HOT GRITS PLAIN SLICED WHOLE GRAIN BAGEL CREAM CHEESE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES STEAMED WAX BEANS CHILLED APPLESAUCE LEMON BEVERAGE *MEATLESS SLOPPY JOE	BBQ CHICKEN LEGS CHILLED POTATO SALAD STEAMED MIXED VEGETABLE WHITE BREAD / MARGARINE VANILLA ICE CREAM GRAPE BEVERAGE MEATLESS BAR-B-QUE

\*ALTERNATIVE ENTRÉE



	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>M O N D A Y</b>	CHILLED APPLE JUICE HOT CINNAMON OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	TURKEY HAM STEAK SEASONED GRAVY WHIPPED POTATOES SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES ORANGE BEVERAGE *MEATLESS SWEET AND SOUR	JAMAICAN BEEF PATTY STEAMED WHITE RICE STEAMED GREEN PEAS WHITE BREAD / MARGARINE YELLOW CAKE W/ VANILLA ICING CHOCOLATE MILK *CREOLE BEAN SAUCE
<b>T U E S D A Y</b>	CHILLED GRAPE JUICE CRISPY RICE CEREAL HARD COOKED EGGS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	BEEF CACCIATORE WITH SPAGHETTI STEAMED GREEN BEANS WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE *MEATLESS PEPPER STEAK	BAKED SALISBURY STEAK SEASONED GRAVY WHIPPED POTATOES STEWED TOMATOES WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *SLICED AMERICAN CHEESE
<b>W E D N E S D A Y</b>	CHILLED APPLE JUICE HOT WHEAT CEREAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR ITALIAN SAUSAGE SAUTEED PEPPERS AND ONIONS HOT DOG ROLL CHILLED MACARONI SALAD CHILLED FRESH ORANGE ORANGE BEVERAGE *MEATLESS SLOPPY JOE	CHICKEN CURRY STEAMED WHITE RICE STEAMED MUSTARD GREENS WHITE BREAD / MARGARINE SUGAR COOKIES HAWAIIAN BEVERAGE *TUSCAN BEAN SAUCE
<b>T H U R S D A Y</b>	CHILLED FRESH APPLE CORN FLAKES VANILLA YOGURT WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED APPLESAUCE LEMON BEVERAGE *HARD COOKED EGGS	BAR-B-QUE CHICKEN CUBES STEAMED WHITE RICE CREOLE BEAN SAUCE HOMEMADE CORNBREAD MARGARINE RASPBERRY GELATIN GRAPE BEVERAGE *BREADED CHICKEN PATTY
<b>F R I D A Y</b>	CHILLED APPLE JUICE HOT OATMEAL PLAIN DONUT WHITE MILK COFFEE SUGAR	TOMATO SOUP GRILLED CHEESE SANDWICH CHILLED COLESLAW POTATO CHIPS CHILLED CANNED PEACHES ORANGE BEVERAGE	VEGETABLE PRIMAVERA ELBOW MACARONI STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE HOMEMADE FUDGE BROWNIE HAWAIIAN BEVERAGE
<b>S A T U R D A Y</b>	CHILLED GRAPE JUICE BRAN FLAKES FRENCH TOAST W/SYRUP MARGARINE WHITE MILK COFFEE SUGAR	BLACK BEANS SAUCE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT LEMON BEVERAGE	BREADED CHICKEN PATTY FRENCH FRIED POTATOES KETCHUP STEAMED SLICED CARROTS HAMBURGER ROLL / MARGARINE CHILLED RICE PUDDING ICE TEA *MEATLESS BAR-B-QUE
<b>S U N D A Y</b>	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP GRAPE BEVERAGE	CREAMED CHICKEN IN GRAVY WHIPPED POTATOES STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE RASPBERRY SHERBET ORANGE BEVERAGE *MEATLESS VEGETABLE STEW

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	HAMBURGER PATTIES HAMBURG ROLLS / KETCHUP POTATO CHIPS CHILLED PICKLE SPEAR CHILLED FRESH APPLE HAWAIIAN BEVERAGE *MEATLESS SLOPPY JOE	BREADED VEAL PATTY SPAGHETTI W/ TOMATO SAUCE STEAMED GREEN BEANS WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *MEATLESS TOMATO SAUCE
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES CINNAMON DONUTS WHITE MILK COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE CHILLED COLESLAW HOMEMADE CORNBREAD MARGARINE CHILLED FRESH ORANGE ORANGE BEVERAGE *MEATLESS CHILI	SMOKEY BEANS SPAGHETTI SEASONED ZUCCHINI W/ SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT GRAPE BEVERAGE
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE MARGARINE WHITE MILK COFFEE SUGAR	SPICY CHICKEN FIESTA STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHITE BREAD / MARGARINE CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE *BLACK BEAN SAUCE	NAVY BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHOCOLATE CHIP COOKIES ORANGE BEVERAGE
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES SCRAMBLED EGGS WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	VEGETABLE SOUP CHILLED TUNA SALAD WHITE BREAD THREE BEAN SALAD CHILLED MANDARIN ORANGES GRAPE BEVERAGE *HARD COOKED EGGS	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED WHOLE KERNEL CORN WHOLE WHEAT BREAD / MARG. ORANGE GELATIN ICE TEA *MEATLESS VEGETABLE STEW
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST GRAPE JELLY MARGARINE WHITE MILK COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE CHILLED APPLESAUCE LEMON BEVERAGE	BREADED FISH FILLET SEASONED BROWN RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE CHOCOLATE CAKE W/ VAN. ICING ORANGE BEVERAGE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL PANCAKES W/SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY SALAMI SLICED AMERICAN CHEESE HOT DOG ROLL / MUSTARD CHILLED POTATO SALAD HOMEMADE APPLE CRISP GRAPE BEVERAGE *SLICED AMERICAN CHEESE	SLICED BAKED MEATLOAF SEASONED BROWN GRAVY BOILED POTATOES STEAMED CARROTS WHOLE WHEAT BREAD / MARG. CHOCOLATE ICE CREAM LEMON BEVERAGE *MEATLESS SWEET AND SOUR
S U N D A Y	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	SPAGHETTI WITH MEAT SAUCE STEAMED SPINACH WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE *MEATLESS TOMATO SAUCE	BBQ CHICKEN LEGS STEAMED WHITE RICE STEAMED GREEN PEAS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING ORANGE BEVERAGE *MEATLESS BAR-B-QUE

\*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M O N D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST APPLE JELLY MARGARINE WHITE MILK COFFEE SUGAR	TURKEY VEGETABLE STEW HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE *MEATLESS VEGETABLE STEW	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATO STEAMED WHOLE KERNEL CORN VANILLA PUDDING GRAPE BEVERAGE *MEATLESS CHILI
T U E S D A Y	CHILLED GRAPE JUICE BRAN FLAKES WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE * HARD COOKED EGGS	SPANISH RICE WITH MEAT CHILLED BEET SALAD WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOC. ICING ORANGE BEVERAGE *RICE AND RED BEAN CASSEROLE
W E D N E S D A Y	CHILLED APPLE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE MARGARINE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWN POTATOES KETCHUP KIDNEY BEAN SALAD WITH FRESH ONIONS & PEPPERS CHILLED CANNED PEARS HAWAIIAN BEVERAGE *MEATLESS SLOPPY JOE	TUSCAN BEAN SAUCE STEAMED WHITE RICE FRENCH STYLE GREEN BEANS WHITE BREAD / MARGARINE ORANGE SHERBET LEMON BEVERAGE
T H U R S D A Y	CHILLED FRESH APPLE CORN FLAKES WHOLE GRAIN BAGEL CREAM CHEESE WHITE MILK COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES GRAPE BEVERAGE *MEATLESS SWEET & SOUR	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING ORANGE BEVERAGE *MEATLESS TOMATO SAUCE
F R I D A Y	CHILLED APPLE JUICE HOT OATMEAL WHITE TOAST MARGARINE WHITE MILK COFFEE SUGAR	BLACK BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP LEMON BEVERAGE	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE RASPBERRY GELATIN HOT CHOCOLATE *BREADED CHICKEN PATTY
S A T U R D A Y	CHILLED GRAPE JUICE CRISPY RICE CEREAL WAFFLES W/SYRUP MARGARINE WHITE MILK COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE HOTDOG ROLL / MUSTARD CHILLED MACARONI SALAD CHILLED APPLESAUCE GRAPE BEVERAGE *SLICED AMERICAN CHEESE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARG. OATMEAL COOKIES HAWAIIAN BEVERAGE *CREOLE BEAN SAUCE
S U N D A Y	FRESH PETITE BANANA HOT GRITS WHOLE WHEAT TOAST MARGARINE WHITE MILK COFFEE SUGAR	BEEF PEPPER STEAK ELBOW MACARONI SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE *MEATLESS PEPPER STEAK	JAMAICAN BEEF PATTY STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHOCOLATE PUDDING LEMON BEVERAGE *BLACK BEAN SAUCE

\*ALTERNATIVE ENTREE