



GENERAL CONFINEMENT MENU

WEEK 1

Monday, October 30, 2023

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

*ALTERNATIVE ENTRÉE

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

*ALTERNATIVE ENTRÉE



	BREAKFAST	LUNCH	DINNER
M	CHILLED GRAPE JUICE	BEEF VEGETABLE STEW	HOT MEATBALL SUB
O	HOT OATMEAL	HOMEMADE BISCUIT	WITH TOMATO SAUCE
N	WHITE TOAST	CHILLED COLESLAW	HOT DOG ROLL
D	APPLE JELLY	CHILLED CANNED PEACHES	LYONNAISE POTATO
A	MARGARINE	LEMON BEVERAGE	STEAMED GREEN PEAS
Y	WHITE MILK	*MEATLESS VEGETABLE STEW	VANILLA PUDDING
	COFFEE		GRAPE BEVERAGE
	SUGAR		* MEATLESS CHILI
T	CHILLED APPLE JUICE	HOT DOGS	RICE DIABLO WITH MEAT
U	BRAN FLAKES	HOT DOG ROLLS	STEAMED WHOLE KERNEL CORN
E	WHITE TOAST	MUSTARD / KETCHUP	WHITE BREAD / MARGARINE
S	MARGARINE	BOSTON BAKED BEANS	YELLOW CAKE W/ CHOC. ICING
D	WHITE MILK	SAUERKRAUT	ORANGE BEVERAGE
A	COFFEE	CHILLED CRUSHED PINEAPPLE	*RICE AND RED BEAN CASSEROLE
Y	SUGAR	HAWAIIAN BEVERAGE	
		*HARD COOKED EGGS	
W	CHILLED GRAPE JUICE	SLOPPY JOE	TUSCAN BEANS SAUCE
E	HOT WHEAT CEREAL	HAMBURGER ROLL	STEAMED WHITE RICE
D	HOMEMADE COFFEECAKE	CHILLED MACARONI SALAD	FRENCH STYLE GREEN BEANS
N	MARGARINE	KETCHUP	WHITE BREAD / MARGARINE
E	WHITE MILK	KIDNEY BEAN SALAD	ORANGE SHERBET
S	COFFEE	WITH ONIONS AND PEPPERS	LEMON BEVERAGE
D	SUGAR	CHILLED MANDARIN ORANGES	
A		HAWAIIAN BEVERAGE	
Y		*MEATLESS SLOPPY JOE	
T	CHILLED FRESH APPLE	SLICED ROAST TURKEY W/ GRAVY	SLICED TURKEY BOLOGNA
H	CORN FLAKES	BREAD DRESSING (1 #8 SCOOP)	SLICED AMERICAN CHEESE
U	WHOLE GRAIN BAGEL	WHIPPED POTATOES (2 #8 SCOOPS)	WHITE BREAD / MUSTARD
R	CREAM CHEESE	SLICED STEAMED CARROTS	POTATO CHIPS
S	WHITE MILK	CHILLED CRANBERRY SAUCE	CHILLED FRESH APPLE
D	COFFEE	ROLLS W/ MARGARINE	OATMEAL COOKIES
A	SUGAR	ICE CREAM SUNDAE	ORANGE BEVERAGE
Y		GRAPE BEVERAGE	*SLICED AMERICAN CHEESE
		*MEATLESS VEGETABLE STEW	
F	CHILLED GRAPE JUICE	BLACK BEAN SOUP	BAKED FISH FILLET
R	HOT OATMEAL	SHEET PAN PIZZA WITH	WITH GARLIC SAUCE
I	WHITE TOAST	TOMATO SAUCE & CHEESE	SEASONED BROWN RICE
D	MARGARINE	TOSSED GREEN SALAD	CREOLE BEAN SAUCE
A	WHITE MILK	FRENCH DRESSING	WHITE BREAD / MARGARINE
Y	COFFEE	HOMEMADE APPLE CRISP	VANILLA YOGURT
	SUGAR	LEMON BEVERAGE	HOT CHOCOLATE
			*BREADED CHICKEN PATTY
S	CHILLED APPLE JUICE	SWEET & SOUR CHICKEN	BREADED CHICKEN PATTY
A	CRISPY RICE CEREAL	STEAMED WHITE RICE	SEASONED CHICKEN GRAVY
T	WAFFLES W/SYRUP	STEAMED SLICED CARROTS	WHIPPED POTATOES
U	MARGARINE	WHITE BREAD / MARGARINE	STEAMED SPINACH
R	WHITE MILK	CHILLED APPLESAUCE	WHOLE WHEAT BREAD / MARG.
D	COFFEE	GRAPE BEVERAGE	CHILLED RICE PUDDING
A	SUGAR	*MEATLESS SWEET & SOUR	HAWAIIAN BEVERAGE
Y			*RED BEAN IN SAUCE
S	FRESH PETITE BANANA	BREADED FISH FILLET	CREAMED CHICKEN & GRAVY
U	HOT GRITS	HAMBURGER ROLL	WHITE BREAD / MARGARINE
N	WHOLE WHEAT TOAST	KETCHUP	STEAMED WHITE RICE
D	MARGARINE	HOMEFRIED POTATOES	STEAMED WHOLE KERNEL CORN
A	WHITE MILK	CHILLED BEET SALAD	CHOCOLATE PUDDING
Y	COFFEE	CHILLED CANNED MIXED FRUIT	LEMON BEVERAGE
	SUGAR	ORANGE BEVERAGE	*MEATLESS VEGETABLE STEW
		*MEATLESS BAR-BQUE	

*ALTERNATIVE ENTRÉE



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

*ALTERNATIVE ENTRÉE



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

*ALTERNATIVE ENTRÉE



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

*ALTERNATIVE ENTREE