NEW YORK STATE | Corrections and Community Supervision

SHOCK MENU
WEEK 1
Monday, August 3, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL HOMEFRIES PEANUT BUTTER WHITE TOAST / MARGARINE APPLE JELLY WHITE MILK / COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW MARGARINE CHILLED FRESH APPLE HAWAIIAN BEVERAGE	SLICED BAKED MEATLOAF SEASONED GRAVY WHIPPED POTATOES SEASONED CABBAGE WHITE BREAD / MARGARINE WHITE CAKE W/ CHOCOLATE ICING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES PANCAKES / SYRUP BREAKFAST PIZZA HOMEFRIES WHITE MILK / COFFEE SUGAR	TOMATO SOUP CHILLED TUNA SALAD CHILLED THREE BEAN SALAD HAMBURGER ROLL POTATO CHIPS CHILLED CANNED PEACHES GRAPE BEVERAGE	ROME STYLE LENTILS STEAMED WHITE RICE STEAMED GREEN PEAS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE BOLOGNA HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	TURKEY CHOW MEIN STEAMED WHITE RICE STEAMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED APPLESAUCE ORANGE BEVERAGE	HOT DOGS HOT DOG ROLLS POTATO TOTS FRESH CARROT COINS MUSTARD / KETCHUP CHERRY GELATIN WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS TURKEY HAM / HOMEFRIES WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED MANDARIN ORANGES LEMON BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL CREAMED BEEF / BISCUIT HOMEFRIES 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 WHITE MILK
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL PANCAKES W/ SYRUP HOMEFRIES TURKEY BACON WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES STEAMED GREEN PEAS CHILLED FRESH APPLE HAWAIIAN BEVERAGE	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD / MARG. SUGAR COOKIES WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS PLAIN SLICED WHOLE GRAIN BAGEL CREAM CHEESE TURKEY SAUSAGE HOMEFRIES MARGARINE 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	BBQ CHICKEN LEGS CHILLED POTATO SALAD KIDNEY/GARBANZO BEAN SALAD WHITE BREAD / MARGARINE HOMEMADE GINGERBREAD W/ICING WHITE MILK

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SHOCK MENU
WEEK 2
Monday, August 10, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT CINNAMON OATMEAL CORN BREAD HOMEFRIES CORNED BEEF HASH WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BEEF CHOW MEIN ELBOW MACARONI STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED CRUSHED PINEAPPLE ORANGE BEVERAGE	JAMAICAN BEEF PATTY STEAMED WHITE RICE SEASONED CABBAGE WHITE BREAD / MARGARINE RASPBERRY GELATIN CHOCOLATE MILK
TUESDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL HARD COOKED EGGS HOMEFRIES CREAMED BEEF WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR / MARGARINE	TOMATO SOUP GRILLED CHEESE SANDWICH CHILLED COLESLAW CHILLED MANDARIN ORANGES POTATO CHIPS ORANGE BEVERAGE	BAKED SALISBURY STEAK WHIPPED POTATOES SEASONED GRAVY STEWED TOMATOES WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT OATMEAL PANCAKES / SYRUP TURKEY HAM / HOMEFRIES 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	TURKEY ALA KING STEAMED WHITE RICE STEAMED GREEN PEAS WHITE BREAD / MARGARINE SUGAR COOKIES WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES VANILLA YOGURT BOLOGNA HOMEFRIES WHOLE WHEAT TOAST/MARGARINE WHITE MILK / COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED APPLESAUCE LEMON BEVERAGE	BAR-B-QUE CHICKEN CUBES STEAMED WHITE RICE CREOLE BEAN SAUCE HOMEMADE CORNBREAD MARGARINE RASPBERRY SHERBET WHITE MILK
FRIDAY	CHILLED GRAPE JUICE BREAKFAST SAUSAGE GRAVY HOMEMADE BISCUIT HOMEFRIES PEANUT BUTTER WHITE 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 *PASTA SALAD	ELBOW MACARONI W/ VEGETABLE MARINARA SAUCE STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE YELLOW CAKE W/ VANILLA ICING HOT CHOCOLATE
SATURDAY	CHILLED APPLE JUICE BRAN FLAKES HARD COOKED EGGS TURKEY SAUSAGE HOMEFRIES WAFFLES / SYRUP WHITE MILK / COFFEE SUGAR/MARGARINE	BLACK BEAN SAUCE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT GRAPE BEVERAGE	BREADED CHICKEN PATTY FRENCH FRIED POTATOES KETCHUP STEAMED MUSTARD GREENS HAMBURGER ROLL / MARGARINE HOMEMADE FUDGE BROWNIE WHITE MILK
SUNDAY	FRESH PETITE BANANA HOMEMADE COFFEE CAKE HOT GRITS WHOLE WHEAT TOAST/MARGARINE HOMEFRIES TURKEY BACON WHITE MILK / COFFEE SUGAR	BEEF CACCIATORE WITH SPAGHETTI FRESH CARROT COINS WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE	SLICED ROAST TURKEY BREAD DRESSING SEASONED GRAVY STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK

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SHOCK MENU
WEEK 3
Monday, August 17, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL WAFFLES / SYRUP CREAMED BEEF HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HAMBURGER PATTIES HAMBURGER ROLLS / KETCHUP POTATO CHIPS CHILLED PICKLE SPEAR CHILLED CANNED PEARS HAWAIIAN BEVERAGE	BREADED VEAL PATTY SPAGHETTI W/ TOMATO SAUCE SEASONED CABBAGE WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES TURKEY HAM HOMEFRIES SCRAMBLED EGGS WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	VEGETABLE SOUP CHILLED TUNA SALAD WHITE BREAD THREE BEAN SALAD CHILLED FRESH APPLE ORANGE BEVERAGE *MACARONI SALAD	SPICY CHICKEN FIESTA STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHITE BREAD / MARGARINE VANILLA YOGURT WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE HOMEFRIES CORNED BEEF HASH WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SMOKEY BEANS STEAMED WHITE RICE 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 WHITE MILK *PASTA SALAD
THURSDAY	CHILLED FRESH APPLE CORN FLAKES BOLOGNA HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE CHILLED COLESLAW HOMEMADE CORNBREAD MARGARINE CHILLED FRESH ORANGE GRAPE BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED CARROTS WHOLE WHEAT BREAD/ MARGARINE ORANGE GELATIN WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL HOMEFRIES CORN BREAD PEANUT BUTTER / GRAPE JELLY WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE FRESH CARROT COINS CHILLED APPLESAUCE LEMON BEVERAGE	BREADED FISH FILLET SEASONED BROWN RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE CHOCOLATE CAKE W/ VANILLA ICING WHITE MILK
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL VANILLA YOGURT FRENCH TOAST W/ SYRUP HOMEFRIES TURKEY BACON WHITE TOAST / 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	HAM AND POTATO CASSEROLE STEAMED WHOLE KERNEL CORN WHOLE WHEAT BREAD / MARG. CHOCOLATE ICE CREAM HOT CHOCOLATE
SUNDAY	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS HOMEFRIES TURKEY SAUSAGE WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	SPAGHETTI W/ MEAT SAUCE STEAMED SPINACH WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE	BBQ CHICKEN LEGS STEAMED WHITE RICE STEAMED CUT GREEN BEANS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING WHITE MILK

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SHOCK MENU
WEEK 4
Monday, August 24, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL VANILLA YOGURT HOMEFRIES / BOLOGNA WHITE TOAST / MARGARINE APPLE JELLY WHITE MILK / COFFEE SUGAR	BEEF VEGETABLE STEW STEAMED WHITE RICE HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATOES STEAMED GREEN PEAS VANILLA PUDDING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES TURKEY HAM / HOMEFRIES CORNBREAD / SYRUP WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE	RICE DIABLO WITH MEAT STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOC. ICING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL HOMEMADE COFFEE CAKE HOMEFRIES CREAMED BEEF WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWNED POTATOES KETCHUP KIDNEY BEAN SALAD WITH ONIONS AND PEPPERS CHILLED MANDARIN ORANGES HAWAIIAN BEVERAGE	TUSCAN BEAN SAUCE STEAMED WHITE RICE FRESH CARROT COINS WHITE BREAD / MARGARINE ORANGE SHERBET WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS CORNED BEEF HASH HOMEFRIES BAGEL / CREAM CHEESE WHITE MILK / COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED CANNED PEACHES GRAPE BEVERAGE	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL PANCAKES / SYRUP HOMEFRIES PEANUT BUTTER 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 *PASTA SALAD	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT HOT CHOCOLATE
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL WAFFLES / SYRUP TURKEY SAUSAGE HOMEFRIES WHITE TOAST / 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	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARG. OATMEAL COOKIES WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS TURKEY BACON HOMEFRIES WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR / MARGARINE	BREADED FISH FILLET HAMBURGER ROLL KETCHUP HOMEFRIED POTATOES CHILLED BEET SALAD CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE	CHICKEN IN GRAVY WHITE BREAD / MARGARINE STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN CHOCOLATE PUDDING WHITE MILK

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SHOCK MENU
WEEK 5
Monday, August 31, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL HOMEFRIES PEANUT BUTTER APPLE JELLY WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SPAGHETTI W/ TOMATO SAUCE ITALIAN STYLE MEATBALLS STEAMED SPINACH GARLIC HOT DOG ROLL CHILLED FRESH APPLE HAWAIIAN BEVERAGE	ROME STYLE LENTILS STEAMED WHITE RICE SEASONED CABBAGE WHITE BREAD / MARGARINE WHITE CAKE W/CHOCOLATE ICING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES HOMEFRIES PANCAKES / SYRUP BREAKFAST PIZZA WHITE MILK / COFFEE SUGAR	MINESTRONE SOUP CHILLED TUNA SALAD HAMBURGER ROLL THREE BEAN SALAD POTATO CHIPS CHILLED MANDARIN ORANGES GRAPE BEVERAGE	TURKEY CHOW MEIN STEAMED WHITE RICE STEAMED MIXED VEGETABLES WHITE BREAD / MARGARINE CHILLED BREAD PUDDING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE BOLOGNA HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BEEF HUNGARIAN GOULASH HOMEMADE BISCUIT STEAMED WHOLE KERNEL CORN CHILLED APPLESAUCE ORANGE BEVERAGE *BUTTERED ELBOW MACARONI	HOT DOGS HOT DOG ROLLS POTATO TOTS STEAMED GREEN PEAS MUSTARD/KETCHUP CHERRY GELATIN WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS TURKEY HAM / HOMEFRIES WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	CHILI CON CARNE STEAMED WHITE RICE HOMEMADE CORNBREAD CHILLED COLESLAW CHILLED CANNED PEARS MARGARINE LEMON BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL CREAMED BEEF / BISCUIT HOMEFRIES 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 WHITE MILK
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL PANCAKES / SYRUP HOMEFRIES TURKEY BACON WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHILLED FRESH APPLE HAWAIIAN BEVERAGE *PASTA SALAD	MEATBALL STEW STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHOLE WHEAT BREAD / MARG. SUGAR COOKIES WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS BAGEL / CREAM CHEESE TURKEY SAUSAGE HOMEFRIES WHITE MILK / COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL HOME FRIED POTATOES FRESH CARROT COINS CHILLED APPLESAUCE LEMON BEVERAGE	BBQ CHICKEN LEGS CHILLED POTATO SALAD STEAMED MIXED VEGETABLES WHITE BREAD / MARGARINE VANILLA ICE CREAM WHITE MILK

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SHOCK MENU
WEEK 6
Monday, September 7, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT CINNAMON OATMEAL CORNED BEEF HASH HOMEFRIES HOMEMADE CORN BREAD WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	TWO HAMBURGERS W/ ROLLS TWO HOT DOGS W/ ROLLS CHILLED MACARONI SALAD BOSTON BAKED BEANS MUSTARD / KETCHUP CHOCOLATE ICE CREAM CHOCOLATE MILK	SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE WHITE BREAD / MUSTARD POTATO CHIPS FRESH ORANGE SUGAR COOKIES ORANGE BEVERAGE
TUESDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL HARD COOKED EGGS CREAMED BEEF HOMEFRIES WHOLE WHEAT TOAST / MARG. WHITE MILK / COFFEE SUGAR	TOMATO SOUP GRILLED CHEESE SANDWICH CHILLED COLESLAW CHILLED PEACHES POTATO CHIPS ORANGE BEVERAGE	BAKED SALISBURY STEAK SEASONED GRAVY WHIPPED POTATOES STEWED TOMATOES WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT OATMEAL PANCAKES / SYRUP TURKEY HAM / HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR ITALIAN SAUSAGE SAUTEED PEPPERS AND ONIONS HOT DOG ROLL STEAMED WHITE RICE CHILLED APPLESAUCE ORANGE BEVERAGE	CHICKEN CURRY STEAMED WHITE RICE STEAMED MUSTARD GREENS WHITE BREAD / MARGARINE YELLOW CAKE W/ VANILLA ICING WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES HOMEMADE COFFEECAKE VANILLA YOGURT HOMEFRIES / BOLOGNA WHOLE WHEAT TOAST/MARGARINE WHITE MILK / COFFEE SUGAR	TURKEY HAM STEAK SEASONED GRAVY WHIPPED POTATOES SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES LEMON BEVERAGE	BAR-B-QUE CHICKEN CUBES STEAMED WHITE RICE CREOLE BEAN SAUCE HOMEMADE CORNBREAD MARGARINE RASPBERRY GELATIN WHITE MILK
FRIDAY	CHILLED GRAPE JUICE BREAKFAST SAUSAGE GRAVY HOMEMADE BISCUIT HOMEFRIES PEANUT BUTTER WHITE TOAST WHITE MILK / COFFEE SUGAR	SOUP DU JOUR SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE TOSSED GREEN SALAD FRENCH DRESSING HOMEMADE APPLE CRISP GRAPE BEVERAGE *PASTA SALAD	ELBOW MACARONI W/ VEGETABLE MARINARA SAUCE STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE HOMEMADE FUDGE BROWNIE WHITE MILK
SATURDAY	CHILLED APPLE JUICE BRAN FLAKES FRENCH TOAST W/ SYRUP TURKEY SAUSAGE HOMEFRIES WHITE TOAST / 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 CARROTS HAMBURGER ROLL / MARGARINE CHILLED RICE PUDDING WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS HOMEFRIES TURKEY BACON WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	BEEF CACCIATORE WITH SPAGHETTI FRESH CARROT COINS WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE	CHICKEN IN GRAVY WHIPPED POTATOES STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE RASPBERRY SHERBET WHITE MILK

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SHOCK MENU
WEEK 7
Monday, September 14, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL WAFFLES / SYRUP CREAMED BEEF HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HAMBURGER PATTIES HAMBURGER ROLLS / KETCHUP POTATO CHIPS CHILLED PICKLE SPEAR CHILLED FRESH APPLE HAWAIIAN BEVERAGE	SMOKEY BEANS STEAMED WHITE RICE SEASONED ZUCCHINI W/ SAUCE WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES WAFFLES / SYRUP TURKEY HAM / HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	CHILI CON CARNE STEAMED WHITE RICE CHILLED COLESLAW HOMEMADE CORNBREAD MARGARINE CHILLED FRESH ORANGE ORANGE BEVERAGE	BREADED VEAL PATTY SPAGHETTI W/ TOMATO SAUCE STEAMED GREEN BEANS WHITE BREAD / MARGARINE VANILLA YOGURT WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL HOMEMADE COFFEECAKE HOMEFRIES CORNED BEEF HASH WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SPICY CHICKEN FIESTA STEAMED WHITE RICE TOSSED GREEN SALAD ITALIAN DRESSING WHITE BREAD / MARGARINE CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE	NAVY BEAN SOUP SHEET PAN PIZZA WITH TOMATO SAUCE & CHEESE KIDNEY / GARBANZO BEAN SALAD CHOCOLATE CHIP COOKIES WHITE MILK *PASTA SALAD
THURSDAY	CHILLED FRESH APPLE CORN FLAKES SCRAMBLED EGGS BOLOGNA HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	VEGETABLE SOUP CHILLED TUNA SALAD WHITE BREAD THREE BEAN SALAD CHILLED MANDARIN ORANGES GRAPE BEVERAGE *MACARONI SALAD	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED WHOLE KERNEL CORN WHOLE WHEAT BREAD / MARG. ORANGE GELATIN WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL HOMEFRIES HOMEMADE CORNBREAD PEANUT BUTTER / GRAPE JELLY WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	BAKED MACARONI AND CHEESE STEWED TOMATOES WHITE BREAD / MARGARINE FRESH CARROT COINS CHILLED APPLESAUCE LEMON BEVERAGE	BREADED FISH FILLET SEASONED BROWN RICE CREOLE BEAN SAUCE TARTAR SAUCE WHITE BREAD / MARGARINE CHOCOLATE CAKE W/ VANILLA ICING WHITE MILK
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL PANCAKES / SYRUP VANILLA YOGURT HOMEFRIES TURKEY BACON WHITE TOAST / 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	HAM AND POTATO CASEEROLE STEAMED GREEN PEAS WHOLE WHEAT BREAD / MARGARINE CHOCOLATE ICE CREAM WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS HOMEFRIES TURKEY SAUSAGE WHOLE WHEAT TOAST WHITE MILK / COFFEE SUGAR/MARGARINE	SPAGHETTI WITH MEAT SAUCE STEAMED SPINACH WHITE BREAD / MARGARINE CHILLED APPLESAUCE HAWAIIAN BEVERAGE	BBQ CHICKEN LEGS STEAMED WHITE RICE STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED BREAD PUDDING WHITE MILK

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SHOCK MENU
WEEK 8
Monday, September 21, 2026

	BREAKFAST	LUNCH	DINNER
MONDAY	CHILLED GRAPE JUICE HOT OATMEAL VANILLA YOGURT HOMEFRIES / BOLOGNA APPLE JELLY WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	TURKEY VEGETABLE STEW STEAMED WHITE RICE HOMEMADE BISCUIT CHILLED COLESLAW CHILLED FRESH APPLE LEMON BEVERAGE	HOT MEATBALL SUB WITH TOMATO SAUCE HOT DOG ROLL LYONNAISE POTATOES STEAMED WHOLE KERNEL CORN VANILLA PUDDING WHITE MILK
TUESDAY	CHILLED APPLE JUICE BRAN FLAKES TURKEY HAM / HOMEFRIES HOMEMADE CORNBREAD / SYRUP WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	HOT DOGS HOT DOG ROLLS MUSTARD / KETCHUP BOSTON BAKED BEANS SAUERKRAUT CHILLED CRUSHED PINEAPPLE HAWAIIAN BEVERAGE	SPANISH RICE WITH MEAT CHILLED BEET SALAD WHITE BREAD / MARGARINE YELLOW CAKE W/ CHOCOLATE ICING WHITE MILK
WEDNESDAY	CHILLED GRAPE JUICE HOT WHEAT CEREAL CREAMED BEEF / HOMEFRIES HOMEMADE COFFEECAKE WHITE TOAST / MARGARINE WHITE MILK COFFEE SUGAR	SLOPPY JOE HAMBURGER ROLL OVEN BROWNED POTATOES KETCHUP KIDNEY BEAN SALAD WITH FRESH ONIONS & PEPPERS CHILLED CANNED PEARS HAWAIIAN BEVERAGE	TUSCAN BEAN SAUCE STEAMED WHITE RICE FRESH CARROT COINS WHITE BREAD / MARGARINE ORANGE SHERBET WHITE MILK
THURSDAY	CHILLED FRESH APPLE CORN FLAKES HARD COOKED EGGS CORNED BEEF HASH / HOMEFRIES BAGEL / CREAM CHEESE WHITE MILK COFFEE SUGAR	SWEET & SOUR CHICKEN STEAMED WHITE RICE STEAMED CARROTS WHITE BREAD / MARGARINE CHILLED MANDARIN ORANGES GRAPE BEVERAGE	ELBOW MACARONI W/ MEAT SAUCE STEAMED PEAS AND CARROTS WHITE BREAD / MARGARINE CHILLED RICE PUDDING WHITE MILK
FRIDAY	CHILLED GRAPE JUICE HOT OATMEAL PANCAKES / SYRUP HOMEFRIES PEANUT BUTTER 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 *PASTA SALAD	BAKED FISH FILLET WITH GARLIC SAUCE SEASONED BROWN RICE CREOLE BEAN SAUCE WHITE BREAD / MARGARINE VANILLA YOGURT WHITE MILK
SATURDAY	CHILLED APPLE JUICE CRISPY RICE CEREAL WAFFLES / SYRUP TURKEY SAUSAGE HOMEFRIES WHITE TOAST / MARGARINE WHITE MILK / COFFEE SUGAR	SOUP DU JOUR SLICED TURKEY BOLOGNA SLICED AMERICAN CHEESE HOTDOG ROLL / MUSTARD CHILLED MACARONI SALAD CHILLED APPLESAUCE GRAPE BEVERAGE	BREADED CHICKEN PATTY SEASONED CHICKEN GRAVY WHIPPED POTATOES STEAMED SPINACH WHOLE WHEAT BREAD / MARGARINE OATMEAL COOKIES WHITE MILK
SUNDAY	FRESH PETITE BANANA HOT GRITS HARD COOKED EGGS TURKEY BACON HOMEFRIES WHOLE WHEAT TOAST/MARGARINE WHITE MILK / COFFEE SUGAR	BEEF PEPPER STEAK ELBOW MACARONI SEASONED CABBAGE WHITE BREAD / MARGARINE CHILLED CANNED MIXED FRUIT ORANGE BEVERAGE	JAMAICAN BEEF PATTY STEAMED WHITE RICE STEAMED WHOLE KERNEL CORN WHITE BREAD / MARGARINE CHOCOLATE PUDDING WHITE MILK

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