

Sample Menu

<i>SUNDAY</i>		<i>MONDAY</i>	
BREAKFAST	<i>ALTERNATE</i>	BREAKFAST	<i>ALTERNATE</i>
Juice, Orange	Juice, Prune	Juice, Orange	Juice, Prune
Oatmeal	Corn Flakes	Oatmeal	Corn Flakes
Egg, scrambled	Egg, fried	Sausage	Ham
Cinnamon Roll	Toast, white 2 Slices	Hot Cakes	Egg, scrambled
Milk, coffee, or tea		Maple Syrup	Toast, white 2 slices
		Margarine	Jelly
		Milk, coffee, or tea	
LUNCH	<i>ALTERNATE</i>	LUNCH	<i>ALTERNATE</i>
Beef, roast with gravy	Turkey, roast with gravy	Chicken Fingers	Ham, baked
Sour Cream	Cranberry Sauce	Sweet & Sour Sauce	Rice, buttered
Baked Potato	Rice, buttered	Potato, whipped	Green beans, buttered
Carrots & Turnips	Peas, buttered	Corn Medley	Fruit cocktail
Ice Cream, Fudge Royal	Fruit Fiesta	Gelatin, Rasp Salad	Bread, wheat 1 Slice
Roll	Bread, wheat 1 Slice	Milk, coffee, or tea	
Margarine			
Milk, coffee, or tea			
SUPPER	<i>ALTERNATE</i>	SUPPER	<i>ALTERNATE</i>
Soup, Corn Chowder	Juice, Tomato	Soup, Vegetable Rice	Soup, Tomato
Crackers, Saltines	Crackers, Ritz	Crackers, Saltines	Crackers, Ritz
Sandwich, Turkey and Swiss	Sandwich, Egg Salad or Eggs, 2 hard boiled	Sandwich, Tuna Salad	Turkey Salad plate with bread
Pickled beets	Stewed tomatoes	Lettuce & Tomato Salad	Beets
Cake, yellow with icing	Cranberry Crisp	Pistachio Pie	Ice Cream
Milk, coffee or tea		Milk, coffee, or tea	

<i>FRIDAY</i>	
BREAKFAST	<i>ALTERNATE</i>
Juice, Orange	Juice, Prune
Oatmeal	Cornflakes
Egg, poached 1	Egg, scrambled
Toast, white 2 Slices	Toast, whole wheat 2 slices
Jelly	Margarine
Milk, coffee, or tea	
LUNCH	<i>ALTERNATE</i>
Scallops, fried	Turkey, roast with gravy
Tartar Sauce	Cranberry Sauce
Rice Pilaf	Potato, whipped
Peas, buttered	Green beans, buttered
Pears	Apple Crisp
Roll	Bread, white 1 Slice
Margarine	
Milk, coffee, or tea	
SUPPER	<i>ALTERNATE</i>
Sandwich, Chicken Tarragon	Sandwich, Roast Beef
French Onion Soup	Apple Juice
Carrot Vichy	Pickled beets
Chocolate Cherry Trifle	Pineapple, diced
Milk, coffee, or tea	

