

GENERAL CONFINEMENT MENU

WEEK 3

Monday December 27, 2010

	BREAKFAST	LUNCH	DINNER
M	CHILLED APPLE JUICE	HAMBURGER PATTIES	BREADED VEAL PATTY
O	HOT OATMEAL	HAMBURGER ROLLS / KETCHUP	SPAGHETTI W/ TOMATO SAUCE
N	HARD COOKED EGGS	POTATO CHIPS	STEAMED CUT GREEN BEANS
D	WHITE TOAST	CHILLED PICKLE SPEAR	WHITE BREAD / MARGARINE
A	MARGARINE	CHILLED CANNED PEARS	CHOCOLATE PUDDING
Y	MILK	HAWAIIAN BEVERAGE	LEMON BEVERAGE
	COFFEE	*CHILLED TUNA SALAD	*HARD COOKED EGGS
	SUGAR		
T	CHILLED PINEAPPLE JUICE	CHILI CON CARNE	TURKEY TETRAZZINI
U	BRAN FLAKES	STEAMED WHITE RICE	STEAMED GREEN PEAS
E	WHITE TOAST	CHILLED COLESLAW	WHITE BREAD / MARGARINE
S	MARGARINE	HOMEMADE CORNBREAD	CHOCOLATE ICE CREAM
D	WHITE MILK	MARGARINE	GRAPE BEVERAGE
A	COFFEE	HOMEMADE PEACH COBBLER	MEATLESS TETRAZZINI W/
Y	SUGAR	ORANGE BEVERAGE	SPAGHETTI
		*MEATLESS CHILI	
W	CHILLED APPLE JUICE	YAKISOBA (BEEF & PASTA)	NAVY BEAN SOUP
E	CRACKED WHEAT CEREAL	STEAMED SLICED CARROTS	SHEET PAN PIZZA WITH
D	HOMEMADE COFFEECAKE	WHITE BREAD / MARGARINE	TOMATO SAUCE & CHEESE
N	MARGARINE	HOMEMADE CHERRY CRISP	KIDNEY / GARBANZO BEAN SALAD
E	WHITE MILK	HAWAIIAN BEVERAGE	VANILLA PUDDING
S	COFFEE	*MEATLESS PEPPER STEAK	ORANGE BEVERAGE
D	SUGAR		
A			
Y	CHILLED ORANGE PINEAPPLE	VEGETABLE SOUP	BREADED CHICKEN PATTY
T	CORN FLAKES	CHILLED TUNA SALAD	SEASONED CHICKEN GRAVY
H	FRENCH TOAST W/ SYRUP	WHITE BREAD	WHIPPED POTATOES
U	MARGARINE	THREE BEAN SALAD	STEAMED COLLARD GREENS
R	WHITE MILK	CHILLED FRESH APPLE	WHITE BREAD / MARGARINE
S	COFFEE	GRAPE BEVERAGE	ORANGE GELATIN
D	SUGAR	*HARD COOKED EGGS	ICE TEA
A			*UNBREADED FISH PORTION
Y	CHILLED PINEAPPLE JUICE	BAKED MACARONI AND CHEESE	BREADED FISH FILLET
F	HOT WHEATENA	STEWED TOMATOES	SEASONED BROWN RICE
R	WHITE TOAST	WHITE BREAD / MARGARINE	SEASONED ZUCCHINI W/ SAUCE
I	MARGARINE	CHILLED APPLESAUCE	TARTER SAUCE / KETCHUP
D	WHITE MILK	LEMON BEVERAGE	WHITE BREAD / MARGARINE
A	COFFEE		CHOCOLATE CAKE W/ VANILLA ICING
Y	SUGAR		ORANGE BEVERAGE
			*MEATLESS VEGETABLE STEW
	<b>NEW YEARS DAY</b>	<b>NEW YEARS DAY</b>	<b>NEW YEARS DAY</b>
S	CHILLED ORANGE PINEAPPLE	BAKED CHICKEN BREAST	SLICED CHICKEN SALAMI
A	RICE KRISPIES	SEASONED CHICKEN GRAVY	SLICED AMERICAN CHEESE
T	PANCAKES W/ SYRUP	WHIPPED POTATOES	WHITE BREAD / MUSTARD
U	MARGARINE	TOSSED SALAD W/ITALIAN DRESSING	POTATO CHIPS
R	WHITE MILK	ROLL/MARGARINE	CHOCOLATE CHIP COOKIES
D	COFFEE	HOMEMADE PINEAPPLE CRISP	CHILLED FRESH APPLE
A	SUGAR	GRAPE BEVERAGE	HAWAIIAN BEVERAGE
Y		*UNBREADED FISH FILET	*SLICED AMERICAN CHEESE
S	CHILLED APPLE JUICE	SPAGHETTI W/ MEAT SAUCE	BAKED CHICKEN
U	HOT CORNMEAL	STEAMED SPINACH	SEASONED CHICKEN GRAVY
N	WHOLE WHEAT ENGLISH MUFFIN	WHITE BREAD / MARGARINE	STEAMED WHITE RICE
D	MARGARINE	CHILLED APPLESAUCE	STEAMED PEAS AND CARROTS
A	WHITE MILK	HAWAIIAN BEVERAGE	WHITE BREAD / MARGARINE
Y	COFFEE	*MEATLESS TOMATO SAUCE	CHILLED BREAD PUDDING
	SUGAR		ORANGE BEVERAGE
			*MEATLESS ALA KING

\* RELIGIOUS ALTERNATIVE