

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 1  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA SPANISH OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR HH BOILED POT WHITE BREAD ^OR WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	FRIED FISH FILET ^OR HH BAKED FISH #OR PEANUT BTR AND JELLY (2) MACARONI & CHEESE ^OR BAKED POTATO ^PEAS CORNBREAD ^OR WHEAT BREAD ^MARGARINE ^TARTAR SAUCE DESSERT ^OR FRESH APPLE ^BEVERAGE	OVEN FRD CHICKEN ^OR HH BAKED CKN #OR COTTAGE CHEES MASHED POTATOES ^OR BAKED POTATO ^PEAS AND CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) ^STEAMED RICE ^PINTO BEANS ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	CHILI DOGS ^#OR SPICY TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^GRT NORTH BEANS ^MIXED VEGETABLES CATSUP&MUSTARD HOT DOG BUN ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY W/SAUCE ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CORNED BEEF ^OR HH ROAST BEEF #OR COTTAGE CHEES ^SIMMERED POTATO ^SIMMERED CABBAGE ^SIMMERED CARROTS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SANDWI ^BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	LASAGNE ^#OR TOFU LASAGNA ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	*PORK CHOP ^*OR HH PORK CHOP #OR CHEESE SANDWI ^STEAMED RICE NAVY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER MASHED POTATOES ^OR BAKED POTATO BROWN GRAVY ^WH KERNEL CORN WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	^LENTIL VEG SOUP TUNA SALAD SAND ^OR HH TUNA SLD #OR BLD EGGS (2) #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^CARROT SALAD ^LETTUCE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^SALSA ^FLOUR TORTILLA ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 2  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR HH OVN BR POT ^AND WHEAT BREAD ^MARGARINE JELLY (2) ^BEVERAGE	^SPAGHETTI W/MARINARA SAUCE ^OR HH MARINARA S CHEESE PIZZA ^OR WHEAT BREAD ^SPINACH ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	BKD CURRY CHICKEN ^OR HH BAKED CKN #OR COTTAGE CHEES ^MIXED VEGETABLES ^BKD SWEET POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO ^CARROTS CHICKEN GRAVY WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH ORANGE ^BEVERAGE	FRIED FISH FILLET ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^GREEN BEANS ^COLESLAW ^TARTAR SAUCE CORNBREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	*PORK BBQ ^OR*HH ROAST PORK #OR SOY BBQ MACARONI SALAD ^OR HH MAC SALAD ^PINTO BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^OR HH CKN & RICE #OR SOY CKN &RICE NAVY BEANS ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	POLISH SAUSAGE ^#OR SPICY TOFU AU GRATIN POTATO ^OR BAKED POTATO SAUERKRAUT ^KIDNEY BEANS ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHICKEN CHOW MEIN ^OR HH CHOW MEIN #OR COTTAGE CHEES FRIED RICE ^OR STEAMED RICE ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE ^BEVERAGE	CHILI MAC ^OR HH CHILI MAC #OR SOY CHILI MAC GRILL CHEESE SAND ^OR CHEESE SAND ^PEAS NAVY BEANS ^MARGARINE ^BEVERAGE	BEEF&BEAN BURRITO ^OR HH BURRITO #OR BN&CHEESE BUR MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	BAKED ZITI ^#OR TOFU ZITI ^SPINACH GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF TACOS ^OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^SHREDDED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 3  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA CHEESE OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHILI CON CARNE ^OR HH CHILI #OR SOY CHILI ^STEAMED RICE ^WH KERNEL CORN CORNBREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	^CHKN VEG SOUP TUNA SALAD ^OR HH TUNA SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR BAKED POTATO ^GREEN BEANS ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BBQ CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) POTATO SALAD ^OR HH POTATO SAL ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^COLLARD GREENS ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PARMESAN ^OR HH BRAISED CK #OR SOY CKN CHUNK ^SPAGHETTI W/MARINARA SAUCE NAVY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
LIVER & ONIONS ^#OR TOFU & RICE ^STEAMED RICE BROWN GRAVY ^PINTO BEANS ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	TURKEY POT PIE ^OR HH TRKY & NDL #OR SOY POT PIE ^GREEN BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN STIR FRY ^OR HH STIR FRY #OR SOY CKN & VEG ^STEAMED RICE ^NAVY BEANS ^CARROTS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	ROAST BEEF ^OR HH ROAST BEEF #OR CHEESE SANDWI OVEN BRO POTATO ^OR BAKED POTATO BROWN GRAVY ^SIMMERED CABBAGE WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHILI DOGS ^#OR HOTSOUR TOFU ^W/WHEAT BREAD TATER TOTS ^OR BAKED POTATO ^COLLARD GREENS ^GRT NORTH BEANS HOT DOG BUNS ^MARGARINE ^BEVERAGE	^SPLIT PEA SOUP GRILL HAM&CHE (2) ^OR BOILED EGGS ^AND WHEAT BREAD #OR CHEESE SAND 2 POTATO SALAD ^OR BAKED POTATO ^MIXED VEGETABLES ^MARGARINE ^BEVERAGE	BEEF TACOS ^OR HH BEEF TACOS #OR SOY TACOS MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^MIXED VEGETABLES ^CHOPPED LETTUCE ^SALSA ^TACO SHELLS ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 4  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT OATMEAL SCRAMBLED EGG ^OR HH SCRBLD EGG BREAKFAST SAUSAGE GRILLED PANCAKES W/SYRUP ^OR BAKED POTATO ^AND WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	CHICKEN FAJITAS ^OR HH CKN FAJITA #OR CHEESE QUESAD MEXICAN RICE ^OR STEAMED RICE REFRIED BEANS ^OR PINTO BEANS ^WH KERNEL CORN ^SALSA ^FLOUR TORTILLA ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR CHEESE SAND ITALIAN PASTA SAL ^OR BAKED POTATO ^NAVY BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BAKED CHICKEN ^OR HH BAKED CKN #OR PEANUT BUTTER AND JELLY (2) MASHED POTATOES ^OR BAKED POTATO CHICKEN GRAVY ^COLLARD GREENS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH W/TARTAR SAUCE #OR SOY BURGER #W/SALAD DRESSING MACARONI & CHEESE ^OR HH MAC SALAD ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE	OPEN TURKEY SANDW ^OR HH ROAST TRKY #OR CHEESE SANDW #W/SALAD DRESSING MASHED POTATOES ^OR BAKED POTATO ^MIXED VEGETBLES CREAM GRAVY WHITE BREAD ^OR WHEAT BREAD DESSERT ^OR FRESH APPLE ^MARGARINE PAT ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
CKN FRIED RICE ^#OR TOFU STIR FR ^W/STEAMED RICE ^NAVY BEANS ^CARROTS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BAKED MEATLOAF ^OR HH MEATLOAF #OR SOY BURGER #W/SALAD DRESSING MASHED POTATOES ^OR HH MASH POT BROWN GRAVY ^SPINACH WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^VEGETABLE SOUP SUB SANDWICH ^OR BOILED EGGS 2 #OR CHEESE SANDWI POTATO CHIPS ^OR BAKED POTATO ^CARROTS ^LETTUCE ^SALAD DRESSING ^MUSTARD HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPAGHETTI W/MEATSAUCE ^OR HH MEATSAUCE #OR SOY M/SAUCE ^KIDNEY BEANS ^SPINACH ^GARDEN SALAD GARLIC BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^HOT GRITS SCRAMBLED EGGS ^OR HH SCRBLD EGG CREAMED BEEF HOME FRIED POTATO ^HH OVN BRN POTA BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	BEEF&BEAN BURRITO ^#OR TOFU BURRITO MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^MARGARINE PAT ^BEVERAGE	BEEF STEW ^OR HH BEEF STEW #OR SOY BEEF STEW ^EGG NOODLES ^PINTO BEANS ^GREEN BEANS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE

FEDERAL BUREAU OF PRISONS - NATIONAL MENU FY11 - WEEK 5  
 UPDATED SEPTEMBER 2010

SUNDAY LUNCH	MONDAY LUNCH	TUESDAY LUNCH	WEDNESDAY LUNCH	THURSDAY LUNCH	FRIDAY LUNCH	SATURDAY LUNCH
^FRESH APPLE ^HOT FARINA GRILLED OMELET ^OR BLD EGGS (2) BREAKFAST SAUSAGE HOME FRIED POTATO ^OR BAKED POTATO WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT JELLY (2) ^BEVERAGE	MEATBALL SUB ^OR HH MEATBALLS #OR SOY BURGER #W/SALAD DRESSING POTATO CHIPS ^OR BAKED POTATO ^GREEN BEANS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	JAMAICAN JERK CKN ^OR HH BAKED CKN #OR COTTAGE CHE ^STEAMED RICE ^NAVY BEANS WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	GRILLED HAMBURGER ^OR HH BEEF PATTY #OR SOY BURGER (1) SLICE CHEESE FRENCH FRIES ^OR BAKED POTATO ^LETTUCE ^TOMATO&ONION SLICED PICKLES ^CATSUP&MUSTARD ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	BKD MEXICAN CHKN ^OR HH CHICKEN #OR PEANUT BUTTER AND JELLY (2) MEXICAN RICE ^OR STEAMED RICE ^PINTO BEANS ^WH KERNEL CORN ^SALSA ^WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH ORANGE ^BEVERAGE	FISH SANDWICH ^OR HH BKD FISH #OR CHEESE SAND #W/SALAD DRESSING MACARONI & CHEESE ^OR BAKED POTATO ^SPINACH ^COLESLAW HAMBURGER BUN ^OR WHEAT BREAD ^TARTAR SAUCE ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE	SLOPPY JOE ^OR HH SLOPPY JOE #OR SOY SLOPPY JO OVEN BRO POTATO ^OR HH OVN BR POT ^GREEN PEAS HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT DESSERT ^OR FRESH APPLE ^BEVERAGE
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
BEEF&BEAN TOSTADA ^OR HH TOSTADA #OR SOY TOSTADA MEXICAN RICE ^OR WHITE RICE ^WH KERNEL CORN ^SALSA ^MARGARINE ^BEVERAGE	*BBQ PORK ^OR*HH ROAST PORK #OR SOY BBQ ^STEAMED RICE ^KIDNEY BEANS ^COLLARD GREENS DINNER ROLL ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	POLISH SAUSAGE ^#OR HOTSOUR TOFU OVEN BRO POTATO ^OR BAKED POTATO SAUERKRAUT ^GREEN BEANS ^MUSTARD WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	^SPLIT PEA SOUP ^CHEF SALAD W/ ^LETTUCE ^TOMATOES ^CUCUMBERS ^BELL PEPPER ^3 OZ SHRD TURKEY #OR 3OZ SLD TOFU ^1 OZ CHEESE ^1 BOILED EGG SALAD DRESSING ^OR DIET DRESSING WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	STEAK& CHEESE SUB ^OR HH ROAST BEEF #OR CHEESE SANDW #W/SALAD DRESSING OVEN BRO POTATO ^OR BAKED POTATO ^CARROTS HOAGIE BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	BEEF STIR FRY ^#OR TOFU STIR FR ^STEAMED RICE ^MIXED VEGETABLES WHITE BREAD ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE	CHICKEN PATTY ^OR HH CKN SALAD #OR BOILED EGGS 2 #W/SALAD DRESSING POTATO SALAD ^OR HH POTATO SAL ^PINTO BEANS ^LETTUCE ^TOMATO&ONION ^SALAD DRESSING HAMBURGER BUN ^OR WHEAT BREAD ^MARGARINE PAT ^BEVERAGE